



47. Brockenlauf
Ilseburg / 02.09.2017

Detailed evaluation

KRAUSE, Karl-Heinz

Club: erst laufen dann saufen
Number: 378

Course: 26.20 km
26,2 km - Lauf

Category:
Senioren M55 (55-59 Jahre)

Total time: 3:32:56

Speed: 7.33 km/h
Running performance: 8:08 min/km

Rank in course/Total: 479 (of 500)

Rank in course/Men: 410 (of 423)

Best time in course: 1:35:36

Rank in category: 43(of 45)

Best time in the category: 2:07:45

Intermediate times				Stage score				Total ranking						
Control	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men
Loddenke	3.30	24:24	7:23	43	8:13	412	12:25	3.30	24:24	7:23	43	8:13	412	12:25
Schlüsie	3.10	25:46	8:18	41	8:25	403	13:01	6.40	50:10	7:50	42	16:38	409	25:26
Hermannsklippe	2.60	26:16	10:06	45	10:55	418	15:05	9.00	1:16:26	8:29	45	27:33	413	40:31
Brocken	3.10	40:36	13:05	45	15:42	414	23:12	12.10	1:57:02	9:40	45	42:46	414	1:03:43
Eiserner Handwe	3.60	27:11	7:33	43	12:41	413	15:31	15.70	2:24:13	9:11	45	55:27	414	1:19:14
Schlüsie	4.10	26:43	6:30	43	12:38	409	15:42	19.80	2:50:56	8:37	43	1:08:05	412	1:34:56
Loddenke	3.10	19:35	6:19	42	7:47	402	10:19	22.90	3:10:31	8:19	43	1:15:52	411	1:45:15
Ilseburg/Markt	3.30	22:25	6:47	43	9:19	410	12:05	26.20	3:32:56	8:07	43	1:25:11	412	1:57:20