



44. Brockenlauf  
Ilseburg / 06.09.2014

Detailed evaluation

Schmidt, Sigurd

Club: Köln  
Number: 34

Course: 26.20 km  
26,2 km - Lauf

Category:  
Senioren M45 (45-49 Jahre)

Total time: 1:58:21

Speed: 13.18 km/h  
Running performance: 4:31 min/km

Rank in course/Total: 11 (of 492)

Rank in course/Men: 11 (of 415)

Best time in course: 1:38:33

Rank in category: 1(of 98)

Best time in the category: 1:58:21

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	14:32	4:24	4	0:18	19	2:40	3.30	14:32	4:24	74		7	
Schlüsie	3.10	15:52	5:07	2	0:13	10	2:54	6.40	30:24	4:44	86		11	5:34
Hermannsklippe	2.60	14:30	5:34	3	0:39	19	2:59	9.00	44:54	4:59	86		11	8:33
Brocken	3.10	22:38	7:18	2	1:18	14	4:48	12.10	1:07:32	5:34	86		11	13:21
Eiserner Handwe	3.60	14:00	3:53	1	-	11	1:58	15.70	1:21:32	5:11	86		11	15:19
Schlüsie	4.10	13:22	3:15	1	-	12	1:52	19.80	1:34:54	4:47	86		11	17:11
Loddenke	3.10	11:15	3:37	1	-	9	1:25	22.90	1:46:09	4:38	86		11	18:36
Ilseburg/Markt	3.30	12:12	3:41	1	-	9	3:40	26.20	1:58:21	4:31	1	-	11	19:48