



44. Brockenlauf
Ilseburg / 06.09.2014

Detailed evaluation

Braune-Krickau, Martin

Club: TriAs Hildesheim
Number: 252

Course: 26.20 km
26,2 km - Lauf

Category:
Senioren M45 (45-49 Jahre)

Total time: 2:03:37

Speed: 12.72 km/h
Running performance: 4:43 min/km

Rank in course/Total: 16 (of 492)

Rank in course/Men: 16 (of 415)

Best time in course: 1:38:33

Rank in category: 3(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	14:21	4:20	3	0:07	13	2:29	3.30	14:21	4:20	72		17	
Schlüsie	3.10	16:12	5:13	3	0:33	15	3:14	6.40	30:33	4:46	72		16	5:43
Hermannsklippe	2.60	14:42	5:39	4	0:51	21	3:11	9.00	45:15	5:01	72		16	8:54
Brocken	3.10	23:44	7:39	3	2:24	25	5:54	12.10	1:08:59	5:42	72		16	14:48
Eiserner Handwe	3.60	15:01	4:10	4	1:01	24	2:59	15.70	1:24:00	5:21	72		16	17:47
Schlüsie	4.10	14:57	3:38	9	1:35	33	3:27	19.80	1:38:57	4:59	72		16	21:14
Loddenke	3.10	11:57	3:51	2	0:42	16	2:07	22.90	1:50:54	4:50	72		16	23:21
Ilseburg/Markt	3.30	12:43	3:51	2	0:31	15	4:11	26.20	2:03:37	4:43	3	5:16	16	25:04