



44. Brockenlauf
Ilseburg / 06.09.2014

Detailed evaluation

Matthiesen, Erik

Club: Løgumkloster Löbemotion
Number: 251

Course: 26.20 km
26,2 km - Lauf

Category:
Senioren M45 (45-49 Jahre)

Total time: 2:11:27

Speed: 11.87 km/h
Running performance: 5:01 min/km

Rank in course/Total: 37 (of 492)

Rank in course/Men: 36 (of 415)

Best time in course: 1:38:33

Rank in category: 8(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	16:24	4:58	14	2:10	55	4:32	3.30	16:24	4:58	55		37	
Schlüsie	3.10	17:13	5:33	7	1:34	38	4:15	6.40	33:37	5:15	67		36	8:47
Hermannsklippe	2.60	15:33	5:58	11	1:42	46	4:02	9.00	49:10	5:27	67		36	12:49
Brocken	3.10	24:52	8:01	9	3:32	42	7:02	12.10	1:14:02	6:07	67		36	19:51
Eiserner Handwe	3.60	16:12	4:30	17	2:12	58	4:10	15.70	1:30:14	5:44	67		36	24:01
Schlüsie	4.10	15:39	3:49	15	2:17	54	4:09	19.80	1:45:53	5:20	65		36	28:10
Loddenke	3.10	12:31	4:02	11	1:16	39	2:41	22.90	1:58:24	5:10	67		36	30:51
Ilseburg/Markt	3.30	13:03	3:57	3	0:51	19	4:31	26.20	2:11:27	5:01	8	13:06	36	32:54