



44. Brockenlauf
Ilseburg / 06.09.2014

Detailed evaluation

Däbernitz, Sven

Club: Nachterstedt
Number: 446

Course: 26.20 km
26,2 km - Lauf

Category:
Senioren M40 (40-44 Jahre)

Total time: 2:12:00

Speed: 11.82 km/h
Running performance: 5:02 min/km

Rank in course/Total: 39 (of 492)

Rank in course/Men: 38 (of 415)

Best time in course: 1:38:33

Rank in category: 8(of 67)

Best time in the category: 1:51:23

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	16:38	5:02	12	2:55	69	4:46	3.30	16:38	5:02	45		39	
Schlüsie	3.10	17:08	5:31	7	2:26	35	4:10	6.40	33:46	5:16	45		38	8:56
Hermannsklippe	2.60	14:46	5:40	5	2:01	24	3:15	9.00	48:32	5:23	45		38	12:11
Brocken	3.10	22:52	7:22	4	2:48	16	5:02	12.10	1:11:24	5:54	45		38	17:13
Eiserner Handwe	3.60	17:29	4:51	23	4:06	121	5:27	15.70	1:28:53	5:39	45		38	22:40
Schlüsie	4.10	16:53	4:07	18	3:55	115	5:23	19.80	1:45:46	5:20	45		37	28:03
Loddenke	3.10	13:00	4:11	11	2:14	60	3:10	22.90	1:58:46	5:11	45		38	31:13
Ilseburg/Markt	3.30	13:14	4:00	5	1:17	20	4:42	26.20	2:12:00	5:02	8	20:37	38	33:27