



44. Brockenlauf Ilseburg / 06.09.2014

Detailed evaluation

Plagge, Bernd

Club: Namban Rengo
Number: 53

Course: 26.20 km
26,2 km - Lauf

Category:
Senioren M55 (55-59 Jahre)

Total time: 2:12:40

Speed: 11.85 km/h
Running performance: 5:04 min/km

Rank in course/Total: 43 (of 492)

Rank in course/Men: 42 (of 415)

Best time in course: 1:38:33

Rank in category: 1(of 47)

Best time in the category: 2:12:40

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	16:17	4:56	3	0:23	53	4:25	3.30	16:17	4:56	37		42	
Schlüsle	3.10	17:28	5:38	1	-	45	4:30	6.40	33:45	5:16	37		41	8:55
Hermannsklippe	2.60	15:54	6:06	2	0:07	52	4:23	9.00	49:39	5:30	37		41	13:18
Brocken	3.10	25:20	8:10	3	0:13	48	7:30	12.10	1:14:59	6:11	37		41	20:48
Eiserner Handwe	3.60	15:47	4:23	3	0:40	40	3:45	15.70	1:30:46	5:46	37		41	24:33
Schlüsle	4.10	15:06	3:40	3	0:43	36	3:36	19.80	1:45:52	5:20	37		41	28:09
Loddenke	3.10	12:54	4:09	5	0:45	55	3:04	22.90	1:58:46	5:11	37		38	31:13
Ilseburg/Markt	3.30	13:54	4:12	1	-	38	5:22	26.20	2:12:40	5:03	1	-	42	34:07