



44. Brockenlauf
Ilseburg / 06.09.2014

Detailed evaluation

Braune, Mario

Club: VLG 1991 Magdeburg
Number: 289

Course: 26.20 km
26,2 km - Lauf

Category:
Senioren M45 (45-49 Jahre)

Total time: 2:13:46

Speed: 11.66 km/h
Running performance: 5:07 min/km

Rank in course/Total: 47 (of 492)

Rank in course/Men: 46 (of 415)

Best time in course: 1:38:33

Rank in category: 10(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	16:33	5:00	19	2:19	67	4:41	3.30	16:33	5:00	65		47	
Schlüsie	3.10	17:52	5:45	13	2:13	52	4:54	6.40	34:25	5:22	65		46	9:35
Hermannsklippe	2.60	15:26	5:56	9	1:35	42	3:55	9.00	49:51	5:32	65		46	13:30
Brocken	3.10	25:25	8:11	11	4:05	50	7:35	12.10	1:15:16	6:13	65		46	21:05
Eiserner Handwe	3.60	15:40	4:21	9	1:40	37	3:38	15.70	1:30:56	5:47	65		46	24:43
Schlüsie	4.10	14:57	3:38	9	1:35	33	3:27	19.80	1:45:53	5:20	65		36	28:10
Loddenke	3.10	13:16	4:16	18	2:01	75	3:26	22.90	1:59:09	5:12	65		46	31:36
Ilseburg/Markt	3.30	14:37	4:25	17	2:25	70	6:05	26.20	2:13:46	5:06	10	15:25	46	35:13