



44. Brockenlauf
Ilseburg / 06.09.2014

Detailed evaluation

Ackermann, Martin

Club: Beijing Roadrunners Club
Number: 57

Course: 26.20 km
26,2 km - Lauf

Category:
Senioren M35 (35-39 Jahre)

Total time: 2:15:36

Speed: 11.50 km/h
Running performance: 5:11 min/km

Rank in course/Total: 53 (of 492)

Rank in course/Men: 52 (of 415)

Best time in course: 1:38:33

Rank in category: 4(of 36)

Best time in the category: 1:58:41

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	17:35	5:19	8	3:15	102	5:43	3.30	17:35	5:19	22		53	
Schlüsie	3.10	18:30	5:58	9	2:32	82	5:32	6.40	36:05	5:38	22		52	11:15
Hermannsklippe	2.60	16:20	6:16	9	2:18	67	4:49	9.00	52:25	5:49	22		52	16:04
Brocken	3.10	25:30	8:13	7	3:59	52	7:40	12.10	1:17:55	6:26	22		52	23:44
Eiserner Handwe	3.60	15:49	4:23	4	1:13	42	3:47	15.70	1:33:44	5:58	22		52	27:31
Schlüsie	4.10	15:37	3:48	2	1:38	51	4:07	19.80	1:49:21	5:31	22		52	31:38
Loddenke	3.10	12:33	4:02	2	1:00	40	2:43	22.90	2:01:54	5:19	22		52	34:21
Ilseburg/Markt	3.30	13:42	4:09	2	1:00	33	5:10	26.20	2:15:36	5:10	4	16:55	52	37:03