



44. Brockenlauf

Ilseburg / 06.09.2014

Detailed evaluation

Aust, Frank

Club: Die Otternasen
Number: 429

Course: 26.20 km
26,2 km - Lauf

Category:
Senioren M45 (45-49 Jahre)

Total time: 2:16:21

Speed: 11.44 km/h
Running performance: 5:12 min/km

Rank in course/Total: 57 (of 492)

Rank in course/Men: 55 (of 415)

Best time in course: 1:38:33

Rank in category: 14(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	15:48	4:47	10	1:34	37	3:56	3.30	15:48	4:47	61		56	
Schlüsie	3.10	17:45	5:43	12	2:06	50	4:47	6.40	33:33	5:14	61		55	8:43
Hermannsklippe	2.60	15:22	5:54	8	1:31	41	3:51	9.00	48:55	5:26	61		55	12:34
Brocken	3.10	26:17	8:28	15	4:57	66	8:27	12.10	1:15:12	6:12	61		55	21:01
Eiserner Handwe	3.60	17:25	4:50	28	3:25	113	5:23	15.70	1:32:37	5:53	61		55	26:24
Schlüsie	4.10	16:18	3:58	22	2:56	86	4:48	19.80	1:48:55	5:30	61		55	31:12
Loddenke	3.10	13:11	4:15	16	1:56	67	3:21	22.90	2:02:06	5:19	61		55	34:33
Ilseburg/Markt	3.30	14:15	4:19	11	2:03	51	5:43	26.20	2:16:21	5:12	14	18:00	55	37:48