



44. Brockenlauf
Ilseburg / 06.09.2014

Detailed evaluation

Reuß, Steffen

Club: Ballenstedt
Number: 201

Course: 26.20 km
26,2 km - Lauf

Category:
Senioren M45 (45-49 Jahre)

Total time: 2:17:09

Speed: 11.37 km/h
Running performance: 5:14 min/km

Rank in course/Total: 59 (of 492)

Rank in course/Men: 57 (of 415)

Best time in course: 1:38:33

Rank in category: 16(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	16:23	4:57	13	2:09	54	4:31	3.30	16:23	4:57	59		58	
Schlüsie	3.10	18:13	5:52	17	2:34	69	5:15	6.40	34:36	5:24	59		57	9:46
Hermannsklippe	2.60	16:30	6:20	18	2:39	73	4:59	9.00	51:06	5:40	59		57	14:45
Brocken	3.10	27:33	8:53	25	6:13	100	9:43	12.10	1:18:39	6:30	59		57	24:28
Eiserner Handwe	3.60	15:38	4:20	8	1:38	35	3:36	15.70	1:34:17	6:00	59		57	28:04
Schlüsie	4.10	14:55	3:38	8	1:33	32	3:25	19.80	1:49:12	5:30	59		57	31:29
Loddenke	3.10	12:56	4:10	14	1:41	57	3:06	22.90	2:02:08	5:20	59		57	34:35
Ilseburg/Markt	3.30	15:01	4:33	23	2:49	95	6:29	26.20	2:17:09	5:14	16	18:48	57	38:36