



44. Brockenlauf
Ilseburg / 06.09.2014

Detailed evaluation

Ohlhorst, Frank

Club: Team Erdinger Alkoholfrei
Number: 198

Course: 26.20 km
26,2 km - Lauf

Category:
Senioren M50 (50-54 Jahre)

Total time: 2:18:30

Speed: 11.35 km/h
Running performance: 5:17 min/km

Rank in course/Total: 66 (of 492)

Rank in course/Men: 63 (of 415)

Best time in course: 1:38:33

Rank in category: 4(of 62)

Best time in the category: 2:03:47

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	16:44	5:04	6	1:34	74	4:52	3.30	16:44	5:04	35		64	
Schlüsie	3.10	18:37	6:00	11	2:15	86	5:39	6.40	35:21	5:31	35		47	10:31
Hermannsklippe	2.60	17:23	6:41	16	3:02	121	5:52	9.00	52:44	5:51	35		63	16:23
Brocken	3.10	27:45	8:57	12	3:35	111	9:55	12.10	1:20:29	6:39	35		63	26:18
Eiserner Handwe	3.60	15:51	4:24	2	1:01	44	3:49	15.70	1:36:20	6:08	35		63	30:07
Schlüsie	4.10	15:37	3:48	4	1:34	51	4:07	19.80	1:51:57	5:39	35		63	34:14
Loddenke	3.10	12:27	4:00	3	0:38	37	2:37	22.90	2:04:24	5:25	35		63	36:51
Ilseburg/Markt	3.30	14:06	4:16	5	1:26	44	5:34	26.20	2:18:30	5:17	4	14:43	63	39:57