



44. Brockenlauf  
Ilseburg / 06.09.2014

Detailed evaluation

**Bock, Jörg**

Club: Magdeburg  
Number: 343

Course: 26.20 km  
26,2 km - Lauf

Category:  
Senioren M45 (45-49 Jahre)

Total time: 2:20:28

Speed: 11.11 km/h  
Running performance: 5:22 min/km

Rank in course/Total: 76 (of 492)

Rank in course/Men: 73 (of 415)

Best time in course: 1:38:33

Rank in category: 19(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	16:44	5:04	20	2:30	74	4:52	3.30	16:44	5:04	56		64	
Schlüsie	3.10	18:43	6:02	24	3:04	93	5:45	6.40	35:27	5:32	56		73	10:37
Hermannsklippe	2.60	16:51	6:28	26	3:00	94	5:20	9.00	52:18	5:48	56		73	15:57
Brocken	3.10	27:50	8:58	27	6:30	112	10:00	12.10	1:20:08	6:37	56		73	25:57
Eiserner Handwe	3.60	16:09	4:29	16	2:09	57	4:07	15.70	1:36:17	6:07	56		73	30:04
Schlüsie	4.10	15:46	3:50	16	2:24	56	4:16	19.80	1:52:03	5:39	56		73	34:20
Loddenke	3.10	13:37	4:23	22	2:22	90	3:47	22.90	2:05:40	5:29	56		73	38:07
Ilseburg/Markt	3.30	14:48	4:29	19	2:36	78	6:16	26.20	2:20:28	5:21	19	22:07	73	41:55