



44. Brockenlauf  
Ilseburg / 06.09.2014

Detailed evaluation

Walgers, Ariën

Club: Dasseler SC  
Number: 406

Course: 26.20 km  
26,2 km - Lauf

Category:  
Senioren M45 (45-49 Jahre)

Total time: 2:21:02

Speed: 11.06 km/h  
Running performance: 5:23 min/km

Rank in course/Total: 80 (of 492)

Rank in course/Men: 77 (of 415)

Best time in course: 1:38:33

Rank in category: 22(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	17:02	5:09	22	2:48	81	5:10	3.30	17:02	5:09	53		77	
Schlüsie	3.10	18:29	5:57	21	2:50	81	5:31	6.40	35:31	5:32	53		77	10:41
Hermannsklippe	2.60	16:30	6:20	18	2:39	73	4:59	9.00	52:01	5:46	53		77	15:40
Brocken	3.10	27:31	8:52	24	6:11	98	9:41	12.10	1:19:32	6:34	53		77	25:21
Eiserner Handwe	3.60	16:36	4:36	21	2:36	73	4:34	15.70	1:36:08	6:07	53		77	29:55
Schlüsie	4.10	16:09	3:56	20	2:47	75	4:39	19.80	1:52:17	5:40	53		77	34:34
Loddenke	3.10	13:37	4:23	22	2:22	90	3:47	22.90	2:05:54	5:29	53		77	38:21
Ilseburg/Markt	3.30	15:08	4:35	26	2:56	105	6:36	26.20	2:21:02	5:22	22	22:41	77	42:29