



44. Brockenlauf
Ilseburg / 06.09.2014

Detailed evaluation

Struß, Martin

Club: TSV Warzen
Number: 279

Course: 26.20 km
26,2 km - Lauf

Category:
Senioren M40 (40-44 Jahre)

Total time: 2:21:37

Speed: 11.02 km/h
Running performance: 5:25 min/km

Rank in course/Total: 84 (of 492)

Rank in course/Men: 81 (of 415)

Best time in course: 1:38:33

Rank in category: 12(of 67)

Best time in the category: 1:51:23

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	16:47	5:05	14	3:04	77	4:55	3.30	16:47	5:05	41		82	
Schlüsie	3.10	18:45	6:02	15	4:03	94	5:47	6.40	35:32	5:33	41		67	10:42
Hermannsklippe	2.60	16:45	6:26	15	4:00	87	5:14	9.00	52:17	5:48	41		81	15:56
Brocken	3.10	27:38	8:54	18	7:34	105	9:48	12.10	1:19:55	6:36	41		81	25:44
Eiserner Handwe	3.60	16:00	4:26	7	2:37	48	3:58	15.70	1:35:55	6:06	41		81	29:42
Schlüsie	4.10	15:38	3:48	9	2:40	53	4:08	19.80	1:51:33	5:38	41		81	33:50
Loddenke	3.10	13:51	4:28	19	3:05	104	4:01	22.90	2:05:24	5:28	41		81	37:51
Ilseburg/Markt	3.30	16:13	4:54	35	4:16	178	7:41	26.20	2:21:37	5:24	12	30:14	81	43:04