



44. Brockenlauf  
Ilseburg / 06.09.2014

Detailed evaluation

Rox, Andreas

Club: Ebersbach  
Number: 472

Course: 26.20 km  
26,2 km - Lauf

Category:  
Senioren M55 (55-59 Jahre)

Total time: 2:22:54

Speed: 10.92 km/h  
Running performance: 5:27 min/km

Rank in course/Total: 90 (of 492)

Rank in course/Men: 87 (of 415)

Best time in course: 1:38:33

Rank in category: 6(of 47)

Best time in the category: 2:12:40

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	17:29	5:17	6	1:35	97	5:37	3.30	17:29	5:17	30		87	
Schlüsie	3.10	19:01	6:08	7	1:33	110	6:03	6.40	36:30	5:42	30		87	11:40
Hermannsklippe	2.60	16:52	6:29	6	1:05	95	5:21	9.00	53:22	5:55	30		87	17:01
Brocken	3.10	25:49	8:19	5	0:42	58	7:59	12.10	1:19:11	6:32	30		87	25:00
Eiserner Handwe	3.60	17:19	4:48	10	2:12	109	5:17	15.70	1:36:30	6:08	30		87	30:17
Schlüsie	4.10	17:18	4:13	14	2:55	143	5:48	19.80	1:53:48	5:44	30		87	36:05
Loddenke	3.10	13:52	4:28	9	1:43	106	4:02	22.90	2:07:40	5:34	30		87	40:07
Ilseburg/Markt	3.30	15:14	4:36	9	1:20	111	6:42	26.20	2:22:54	5:27	6	10:14	87	44:21