



44. Brockenlauf

Ilseburg / 06.09.2014

Detailed evaluation

Jost, Steffen

Club: Uli-Rieble-Velcros e. V.
Number: 311

Course: 26.20 km
26,2 km - Lauf

Category:
Senioren M40 (40-44 Jahre)

Total time: 2:24:42

Speed: 10.78 km/h
Running performance: 5:31 min/km

Rank in course/Total: 105 (of 492)

Rank in course/Men: 101 (of 415)

Best time in course: 1:38:33

Rank in category: 20(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	16:04	4:52	9	2:21	48	4:12	3.30	16:04	4:52	55		106	
Schlüsie	3.10	18:39	6:00	14	3:57	91	5:41	6.40	34:43	5:25	55		105	9:53
Hermannsklippe	2.60	16:48	6:27	16	4:03	89	5:17	9.00	51:31	5:43	55		105	15:10
Brocken	3.10	26:29	8:32	13	6:25	71	8:39	12.10	1:18:00	6:26	55		105	23:49
Eiserner Handwe	3.60	18:13	5:03	31	4:50	168	6:11	15.70	1:36:13	6:07	55		105	30:00
Schlüsie	4.10	17:43	4:19	32	4:45	166	6:13	19.80	1:53:56	5:45	55		105	36:13
Loddenke	3.10	14:34	4:41	30	3:48	164	4:44	22.90	2:08:30	5:36	55		105	40:57
Ilseburg/Markt	3.30	16:12	4:54	34	4:15	177	7:40	26.20	2:24:42	5:31	20	33:19	102	46:09