



44. Brockenlauf  
Ilseburg / 06.09.2014

Detailed evaluation

Fischer, Rüdiger

Club: VfL Bückeberg  
Number: 138

Course: 26.20 km  
26,2 km - Lauf

Category:  
Senioren M50 (50-54 Jahre)

Total time: 2:26:28

Speed: 10.65 km/h  
Running performance: 5:35 min/km

Rank in course/Total: 117 (of 492)

Rank in course/Men: 111 (of 415)

Best time in course: 1:38:33

Rank in category: 13(of 62)

Best time in the category: 2:03:47

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	19:07	5:47	32	3:57	206	7:15	3.30	19:07	5:47	23		113	
Schlüsie	3.10	19:12	6:11	18	2:50	123	6:14	6.40	38:19	5:59	44		92	13:29
Hermannsklippe	2.60	17:04	6:33	12	2:43	102	5:33	9.00	55:23	6:09	44		112	19:02
Brocken	3.10	27:15	8:47	9	3:05	91	9:25	12.10	1:22:38	6:49	44		112	28:27
Eiserner Handwe	3.60	17:43	4:55	17	2:53	138	5:41	15.70	1:40:21	6:23	44		112	34:08
Schlüsie	4.10	17:29	4:15	20	3:26	150	5:59	19.80	1:57:50	5:57	44		112	40:07
Loddenke	3.10	14:08	4:33	20	2:19	133	4:18	22.90	2:11:58	5:45	44		112	44:25
Ilseburg/Markt	3.30	14:30	4:23	9	1:50	61	5:58	26.20	2:26:28	5:35	14	22:41	113	47:55