



44. Brockenlauf  
Ilseburg / 06.09.2014

Detailed evaluation

Fritsch, Stefan

Club: VfL Kloster Oesede  
Number: 411

Course: 26.20 km  
26,2 km - Lauf

Category:  
Senioren M45 (45-49 Jahre)

Total time: 2:26:34

Speed: 10.64 km/h  
Running performance: 5:35 min/km

Rank in course/Total: 118 (of 492)

Rank in course/Men: 112 (of 415)

Best time in course: 1:38:33

Rank in category: 27(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	16:25	4:58	16	2:11	57	4:33	3.30	16:25	4:58	69		30	
Schlüsie	3.10	18:20	5:54	19	2:41	74	5:22	6.40	34:45	5:25	95		85	9:55
Hermannsklippe	2.60	16:47	6:27	24	2:56	88	5:16	9.00	51:32	5:43	95		113	15:11
Brocken	3.10	30:30	9:50	51	9:10	214	12:40	12.10	1:22:02	6:46	95		113	27:51
Eiserner Handwe	3.60	17:25	4:50	28	3:25	113	5:23	15.70	1:39:27	6:20	95		113	33:14
Schlüsie	4.10	16:51	4:06	28	3:29	113	5:21	19.80	1:56:18	5:52	95		102	38:35
Loddenke	3.10	13:57	4:30	25	2:42	114	4:07	22.90	2:10:15	5:41	95		113	42:42
Ilseburg/Markt	3.30	16:19	4:56	44	4:07	187	7:47	26.20	2:26:34	5:35	28	28:13	114	48:01