



44. Brockenlauf

Ilseburg / 06.09.2014

Detailed evaluation

Borchert, Fred

Club: SV Langenstein von 1932 e.V.
Number: 346

Course: 26.20 km
26,2 km - Lauf

Category:
Senioren M45 (45-49 Jahre)

Total time: 2:26:54

Speed: 10.62 km/h
Running performance: 5:37 min/km

Rank in course/Total: 122 (of 492)

Rank in course/Men: 115 (of 415)

Best time in course: 1:38:33

Rank in category: 28(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	17:59	5:26	28	3:45	126	6:07	3.30	17:59	5:26	95		117	
Schlüsie	3.10	18:39	6:00	23	3:00	91	5:41	6.40	36:38	5:43	94		116	11:48
Hermannsklippe	2.60	16:32	6:21	20	2:41	80	5:01	9.00	53:10	5:54	94		95	16:49
Brocken	3.10	27:06	8:44	21	5:46	86	9:16	12.10	1:20:16	6:38	94		116	26:05
Eiserner Handwe	3.60	16:46	4:39	24	2:46	82	4:44	15.70	1:37:02	6:10	94		116	30:49
Schlüsie	4.10	17:10	4:11	32	3:48	132	5:40	19.80	1:54:12	5:46	94		116	36:29
Loddenke	3.10	15:40	5:03	66	4:25	253	5:50	22.90	2:09:52	5:40	94		96	42:19
Ilseburg/Markt	3.30	17:02	5:09	59	4:50	231	8:30	26.20	2:26:54	5:36	29	28:33	117	48:21