



44. Brockenlauf
Ilseburg / 06.09.2014

Detailed evaluation

Baecke, Sebastian

Club: Wolmirstedt
Number: 449

Course: 26.20 km
26,2 km - Lauf

Category:
Senioren M30 (30-34 Jahre)

Total time: 2:27:09

Speed: 10.60 km/h
Running performance: 5:37 min/km

Rank in course/Total: 125 (of 492)

Rank in course/Men: 116 (of 415)

Best time in course: 1:38:33

Rank in category: 12(of 36)

Best time in the category: 1:53:17

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	18:57	5:44	18	4:37	190	7:05	3.30	18:57	5:44	30		118	
Schlüsie	3.10	18:37	6:00	13	2:41	86	5:39	6.40	37:34	5:52	30		115	12:44
Hermannsklippe	2.60	16:48	6:27	11	3:19	89	5:17	9.00	54:22	6:02	30		117	18:01
Brocken	3.10	28:28	9:10	18	7:13	135	10:38	12.10	1:22:50	6:50	30		117	28:39
Eiserner Handwe	3.60	17:36	4:53	14	4:24	129	5:34	15.70	1:40:26	6:23	30		117	34:13
Schlüsie	4.10	16:45	4:05	13	4:03	109	5:15	19.80	1:57:11	5:55	30		117	39:28
Loddenke	3.10	13:59	4:30	13	3:35	118	4:09	22.90	2:11:10	5:43	30		117	43:37
Ilseburg/Markt	3.30	15:59	4:50	15	4:34	164	7:27	26.20	2:27:09	5:36	12	33:52	119	48:36