



44. Brockenlauf
Ilseburg / 06.09.2014

Detailed evaluation

Meier, Dirk

Club: Gaensefurther Sportbewegung
Number: 287

Course: 26.20 km
26,2 km - Lauf

Category:
Senioren M45 (45-49 Jahre)

Total time: 2:28:23

Speed: 10.51 km/h
Running performance: 5:40 min/km

Rank in course/Total: 133 (of 492)

Rank in course/Men: 122 (of 415)

Best time in course: 1:38:33

Rank in category: 31(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	18:36	5:38	42	4:22	166	6:44	3.30	18:36	5:38	92		125	
Schlüsie	3.10	18:37	6:00	22	2:58	86	5:39	6.40	37:13	5:48	91		124	12:23
Hermannsklippe	2.60	16:24	6:18	17	2:33	69	4:53	9.00	53:37	5:57	91		124	17:16
Brocken	3.10	26:37	8:35	18	5:17	76	8:47	12.10	1:20:14	6:37	91		124	26:03
Eiserner Handwe	3.60	19:26	5:23	59	5:26	232	7:24	15.70	1:39:40	6:20	91		93	33:27
Schlüsie	4.10	19:15	4:41	63	5:53	253	7:45	19.80	1:58:55	6:00	91		124	41:12
Loddenke	3.10	14:39	4:43	41	3:24	172	4:49	22.90	2:13:34	5:49	91		124	46:01
Ilseburg/Markt	3.30	14:49	4:29	20	2:37	81	6:17	26.20	2:28:23	5:39	33	30:02	127	49:50