



44. Brockenlauf Ilseburg / 06.09.2014

Detailed evaluation

Thau, Tobias

Club: Hildesheimer Ski Club
Number: 1094

Course: 26.20 km
26,2 km - Lauf

Category:
Senioren M40 (40-44 Jahre)

Total time: 2:28:30

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

Rank in course/Total: 134 (of 492)

Rank in course/Men: 123 (of 415)

Best time in course: 1:38:33

Rank in category: 25(of 67)

Best time in the category: 1:51:23

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	16:27	4:59	10	2:44	60	4:35	3.30	16:27	4:59	59		126	
Schlüsle	3.10	19:30	6:17	25	4:48	137	6:32	6.40	35:57	5:37	59		125	11:07
Hermannsklippe	2.60	17:56	6:53	28	5:11	152	6:25	9.00	53:53	5:59	59		125	17:32
Brocken	3.10	27:24	8:50	16	7:20	94	9:34	12.10	1:21:17	6:43	59		125	27:06
Eiserner Handwe	3.60	16:51	4:40	13	3:28	85	4:49	15.70	1:38:08	6:15	59		125	31:55
Schlüsle	4.10	19:37	4:47	50	6:39	270	8:07	19.80	1:57:45	5:56	59		120	40:02
Loddenke	3.10	15:18	4:56	42	4:32	226	5:28	22.90	2:13:03	5:48	59		125	45:30
Ilseburg/Markt	3.30	15:27	4:40	25	3:30	123	6:55	26.20	2:28:30	5:40	25	37:07	128	49:57