



44. Brockenlauf
Ilseburg / 06.09.2014

Detailed evaluation

Loeser, Sascha

Club: Niedergörsdorf
Number: 177

Course: 26.20 km
26,2 km - Lauf

Category:
Senioren M30 (30-34 Jahre)

Total time: 2:29:27

Speed: 10.44 km/h
Running performance: 5:42 min/km

Rank in course/Total: 140 (of 492)

Rank in course/Men: 129 (of 415)

Best time in course: 1:38:33

Rank in category: 14(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	17:10	5:12	11	2:50	87	5:18	3.30	17:10	5:12	31		63	
Schlüsie	3.10	18:12	5:52	10	2:16	65	5:14	6.40	35:22	5:31	31		64	10:32
Hermannsklippe	2.60	17:04	6:33	14	3:35	102	5:33	9.00	52:26	5:49	31		131	16:05
Brocken	3.10	26:15	8:28	10	5:00	64	8:25	12.10	1:18:41	6:30	31		131	24:30
Eiserner Handwe	3.60	18:50	5:13	23	5:38	199	6:48	15.70	1:37:31	6:12	31		131	31:18
Schlüsie	4.10	18:28	4:30	23	5:46	215	6:58	19.80	1:55:59	5:51	31		131	38:16
Loddenke	3.10	15:16	4:55	19	4:52	224	5:26	22.90	2:11:15	5:43	31		131	43:42
Ilseburg/Markt	3.30	18:12	5:30	26	6:47	299	9:40	26.20	2:29:27	5:42	14	36:10	134	50:54