



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      |