



44. Brockenlauf
Ilseburg / 06.09.2014

Detailed evaluation

Bittner, Holger

Club: BLV Ilseburg
Number: 481

Course: 26.20 km
26,2 km - Lauf

Category:
Senioren M50 (50-54 Jahre)

Total time: 2:31:02

Speed: 10.33 km/h
Running performance: 5:46 min/km

Rank in course/Total: 148 (of 492)

Rank in course/Men: 137 (of 415)

Best time in course: 1:38:33

Rank in category: 17(of 62)

Best time in the category: 2:03:47

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	18:01	5:27	15	2:51	130	6:09	3.30	18:01	5:27	49		129	
Schlüsie	3.10	20:20	6:33	26	3:58	183	7:22	6.40	38:21	5:59	49		111	13:31
Hermannsklippe	2.60	18:45	7:12	30	4:24	210	7:14	9.00	57:06	6:20	49		139	20:45
Brocken	3.10	30:11	9:44	29	6:01	199	12:21	12.10	1:27:17	7:12	49		139	33:06
Eiserner Handwe	3.60	17:35	4:53	15	2:45	128	5:33	15.70	1:44:52	6:40	49		139	38:39
Schlüsie	4.10	16:58	4:08	16	2:55	120	5:28	19.80	2:01:50	6:09	49		139	44:07
Loddenke	3.10	14:04	4:32	16	2:15	126	4:14	22.90	2:15:54	5:56	49		139	48:21
Ilseburg/Markt	3.30	15:08	4:35	15	2:28	105	6:36	26.20	2:31:02	5:45	19	27:15	142	52:29