



44. Brockenlauf
Ilseburg / 06.09.2014

Detailed evaluation

Markus, Detlev

Club: PTB Runners
Number: 443

Course: 26.20 km
26,2 km - Lauf

Category:
Senioren M45 (45-49 Jahre)

Total time: 2:31:08

Speed: 10.32 km/h
Running performance: 5:46 min/km

Rank in course/Total: 150 (of 492)

Rank in course/Men: 139 (of 415)

Best time in course: 1:38:33

Rank in category: 33(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	19:35	5:56	61	5:21	242	7:43	3.30	19:35	5:56	90		142	
Schlüsie	3.10	20:21	6:33	46	4:42	185	7:23	6.40	39:56	6:14	89		141	15:06
Hermannsklippe	2.60	17:52	6:52	34	4:01	149	6:21	9.00	57:48	6:25	79		141	21:27
Brocken	3.10	29:31	9:31	39	8:11	169	11:41	12.10	1:27:19	7:12	89		141	33:08
Eiserner Handwe	3.60	17:41	4:54	32	3:41	134	5:39	15.70	1:45:00	6:41	89		141	38:47
Schlüsie	4.10	16:35	4:02	25	3:13	99	5:05	19.80	2:01:35	6:08	89		141	43:52
Loddenke	3.10	13:57	4:30	25	2:42	114	4:07	22.90	2:15:32	5:55	89		141	47:59
Ilseburg/Markt	3.30	15:36	4:43	32	3:24	134	7:04	26.20	2:31:08	5:46	35	32:47	144	52:35