



44. Brockenlauf  
Ilseburg / 06.09.2014

Detailed evaluation

Meisel, Ralph

Club: Schwerin  
Number: 430

Course: 26.20 km  
26,2 km - Lauf

Category:  
Senioren M55 (55-59 Jahre)

Total time: 2:31:11

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

Rank in course/Total: 151 (of 492)

Rank in course/Men: 140 (of 415)

Best time in course: 1:38:33

Rank in category: 13(of 47)

Best time in the category: 2:12:40

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	18:50	5:42	17	2:56	179	6:58	3.30	18:50	5:42	25		139	
Schlüsie	3.10	19:56	6:25	13	2:28	164	6:58	6.40	38:46	6:03	25		142	13:56
Hermannsklippe	2.60	18:11	6:59	13	2:24	166	6:40	9.00	56:57	6:19	25		142	20:36
Brocken	3.10	29:27	9:30	14	4:20	165	11:37	12.10	1:26:24	7:08	25		142	32:13
Eiserner Handwe	3.60	17:34	4:52	12	2:27	124	5:32	15.70	1:43:58	6:37	25		142	37:45
Schlüsie	4.10	16:14	3:57	9	1:51	82	4:44	19.80	2:00:12	6:04	25		142	42:29
Loddenke	3.10	14:28	4:40	15	2:19	155	4:38	22.90	2:14:40	5:52	25		133	47:07
Ilseburg/Markt	3.30	16:31	5:00	16	2:37	205	7:59	26.20	2:31:11	5:46	13	18:31	145	52:38