



44. Brockenlauf
Ilseburg / 06.09.2014

Detailed evaluation

Rohling, Thomas

Club: VfL Kloster Oesede
Number: 281

Course: 26.20 km
26,2 km - Lauf

Category:
Senioren M50 (50-54 Jahre)

Total time: 2:31:39

Speed: 10.29 km/h
Running performance: 5:47 min/km

Rank in course/Total: 154 (of 492)

Rank in course/Men: 143 (of 415)

Best time in course: 1:38:33

Rank in category: 19(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	20:28	6:12	45	5:18	290	8:36	3.30	20:28	6:12	51		146	0:52
Schlüsie	3.10	21:14	6:50	35	4:52	255	8:16	6.40	41:42	6:30	51		145	16:52
Hermannsklippe	2.60	18:29	7:06	25	4:08	192	6:58	9.00	1:00:11	6:41	51		145	23:50
Brocken	3.10	27:21	8:49	11	3:11	93	9:31	12.10	1:27:32	7:14	51		145	33:21
Eiserner Handwe	3.60	18:00	5:00	22	3:10	150	5:58	15.70	1:45:32	6:43	51		145	39:19
Schlüsie	4.10	17:16	4:12	17	3:13	139	5:46	19.80	2:02:48	6:12	51		145	45:05
Loddenke	3.10	13:54	4:29	15	2:05	109	4:04	22.90	2:16:42	5:58	51		145	49:09
Ilseburg/Markt	3.30	14:57	4:31	14	2:17	92	6:25	26.20	2:31:39	5:47	21	27:52	148	53:06