



44. Brockenlauf
Ilseburg / 06.09.2014

Detailed evaluation

Barheine, Christian

Club: Abbenrode
Number: 450

Course: 26.20 km
26,2 km - Lauf

Category:
Senioren M45 (45-49 Jahre)

Total time: 2:31:52

Speed: 10.27 km/h
Running performance: 5:48 min/km

Rank in course/Total: 156 (of 492)

Rank in course/Men: 144 (of 415)

Best time in course: 1:38:33

Rank in category: 35(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	17:50	5:24	27	3:36	123	5:58	3.30	17:50	5:24	88		147	
Schlüsie	3.10	20:01	6:27	41	4:22	167	7:03	6.40	37:51	5:54	87		146	13:01
Hermannsklippe	2.60	18:28	7:06	46	4:37	190	6:57	9.00	56:19	6:15	87		146	19:58
Brocken	3.10	27:36	8:54	26	6:16	104	9:46	12.10	1:23:55	6:56	87		146	29:44
Eiserner Handwe	3.60	18:56	5:15	52	4:56	206	6:54	15.70	1:42:51	6:33	87		132	36:38
Schlüsie	4.10	18:09	4:25	45	4:47	195	6:39	19.80	2:01:00	6:06	87		146	43:17
Loddenke	3.10	14:56	4:49	49	3:41	198	5:06	22.90	2:15:56	5:56	87		146	48:23
Ilseburg/Markt	3.30	15:56	4:49	39	3:44	160	7:24	26.20	2:31:52	5:47	37	33:31	149	53:19