



44. Brockenlauf  
Ilseburg / 06.09.2014

Detailed evaluation

Ebel, Steffen

Club: Hardegsen  
Number: 275

Course: 26.20 km  
26,2 km - Lauf

Category:  
Senioren M45 (45-49 Jahre)

Total time: 2:34:17

Speed: 10.11 km/h  
Running performance: 5:53 min/km

Rank in course/Total: 182 (of 492)

Rank in course/Men: 166 (of 415)

Best time in course: 1:38:33

Rank in category: 39(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     | 19:03      | 5:46         | 49          | 4:49        | 197     | 7:11       | 3.30          | 19:03      | 5:46         | 84       |             | 169     |            |
| Schlüsie           | 3.10     | 19:37      | 6:19         | 35          | 3:58        | 148     | 6:39       | 6.40          | 38:40      | 6:02         | 83       |             | 153     | 13:50      |
| Hermannsklippe     | 2.60     | 17:54      | 6:53         | 35          | 4:03        | 150     | 6:23       | 9.00          | 56:34      | 6:17         | 83       |             | 168     | 20:13      |
| Brocken            | 3.10     | 30:52      | 9:57         | 55          | 9:32        | 229     | 13:02      | 12.10         | 1:27:26    | 7:13         | 83       |             | 168     | 33:15      |
| Eiserner Handwe    | 3.60     | 19:10      | 5:19         | 55          | 5:10        | 217     | 7:08       | 15.70         | 1:46:36    | 6:47         | 83       |             | 168     | 40:23      |
| Schlüsie           | 4.10     | 18:08      | 4:25         | 43          | 4:46        | 193     | 6:38       | 19.80         | 2:04:44    | 6:17         | 83       |             | 168     | 47:01      |
| Loddenke           | 3.10     | 14:59      | 4:49         | 51          | 3:44        | 203     | 5:09       | 22.90         | 2:19:43    | 6:06         | 83       |             | 168     | 52:10      |
| Ilseburg/Markt     | 3.30     | 14:34      | 4:24         | 15          | 2:22        | 68      | 6:02       | 26.20         | 2:34:17    | 5:53         | 41       | 35:56       | 172     | 55:44      |