



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: 10.19 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