



44. Brockenlauf
Ilseburg / 06.09.2014

Detailed evaluation

Oevering, Erik

Club: av Flevo Delta
Number: 166

Course: 26.20 km
26,2 km - Lauf

Category:
Senioren M40 (40-44 Jahre)

Total time: 2:34:36

Speed: 10.09 km/h
Running performance: 5:54 min/km

Rank in course/Total: 184 (of 492)

Rank in course/Men: 168 (of 415)

Best time in course: 1:38:33

Rank in category: 29(of 67)

Best time in the category: 1:51:23

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	16:41	5:03	13	2:58	72	4:49	3.30	16:41	5:03	63		60	
Schlüsie	3.10	20:29	6:36	39	5:47	200	7:31	6.40	37:10	5:48	63		171	12:20
Hermannsklippe	2.60	18:07	6:58	31	5:22	161	6:36	9.00	55:17	6:08	63		171	18:56
Brocken	3.10	30:20	9:47	35	10:16	206	12:30	12.10	1:25:37	7:04	63		171	31:26
Eiserner Handwe	3.60	19:00	5:16	38	5:37	212	6:58	15.70	1:44:37	6:39	63		171	38:24
Schlüsie	4.10	17:35	4:17	29	4:37	155	6:05	19.80	2:02:12	6:10	63		171	44:29
Loddenke	3.10	14:55	4:48	37	4:09	195	5:05	22.90	2:17:07	5:59	63		171	49:34
Ilseburg/Markt	3.30	17:29	5:17	45	5:32	259	8:57	26.20	2:34:36	5:54	29	43:13	174	56:03