



44. Brockenlauf
Ilseburg / 06.09.2014

Detailed evaluation

Mros, Thomas

Club: Wernigerode
Number: 64

Course: 26.20 km
26,2 km - Lauf

Category:
Senioren M40 (40-44 Jahre)

Total time: 2:34:51

Speed: 10.07 km/h
Running performance: 5:55 min/km

Rank in course/Total: 187 (of 492)

Rank in course/Men: 169 (of 415)

Best time in course: 1:38:33

Rank in category: 30(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.	Stage score		Total ranking						
						Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men
Loddenke	3.30	20:49	6:18	54	7:06	310	8:57	3.30	20:49	6:18	28	0:19	175	1:13
Schlüsie	3.10	20:21	6:33	33	5:39	185	7:23	6.40	41:10	6:25	64	0:08	174	16:20
Hermannsklippe	2.60	17:27	6:42	24	4:42	126	5:56	9.00	58:37	6:30	64		174	22:16
Brocken	3.10	26:52	8:39	14	6:48	81	9:02	12.10	1:25:29	7:03	64		174	31:18
Eiserner Handwe	3.60	20:32	5:42	50	7:09	282	8:30	15.70	1:46:01	6:45	64		174	39:48
Schlüsie	4.10	18:35	4:31	43	5:37	224	7:05	19.80	2:04:36	6:17	64		174	46:53
Loddenke	3.10	14:49	4:46	36	4:03	192	4:59	22.90	2:19:25	6:05	64		173	51:52
Ilseburg/Markt	3.30	15:26	4:40	24	3:29	121	6:54	26.20	2:34:51	5:54	30	43:28	176	56:18