



44. Brockenlauf
Ilseburg / 06.09.2014

Detailed evaluation

Urbach, Ralf

Club: SG Holzheim
Number: 262

Course: 26.20 km
26,2 km - Lauf

Category:
Senioren M50 (50-54 Jahre)

Total time: 2:35:38

Speed: 10.02 km/h
Running performance: 5:56 min/km

Rank in course/Total: 194 (of 492)

Rank in course/Men: 176 (of 415)

Best time in course: 1:38:33

Rank in category: 25(of 62)

Best time in the category: 2:03:47

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	19:12	5:49	36	4:02	215	7:20	3.30	19:12	5:49	57		181	
Schlüsie	3.10	20:37	6:39	29	4:15	210	7:39	6.40	39:49	6:13	57		180	14:59
Hermannsklippe	2.60	18:36	7:09	26	4:15	198	7:05	9.00	58:25	6:29	57		180	22:04
Brocken	3.10	30:07	9:42	28	5:57	194	12:17	12.10	1:28:32	7:19	57		180	34:21
Eiserner Handwe	3.60	18:34	5:09	29	3:44	184	6:32	15.70	1:47:06	6:49	57		180	40:53
Schlüsie	4.10	18:01	4:23	27	3:58	183	6:31	19.80	2:05:07	6:19	57		180	47:24
Loddenke	3.10	14:35	4:42	25	2:46	165	4:45	22.90	2:19:42	6:06	57		180	52:09
Ilseburg/Markt	3.30	15:56	4:49	24	3:16	160	7:24	26.20	2:35:38	5:56	27	31:51	183	57:05