



44. Brockenlauf
Ilseburg / 06.09.2014

Detailed evaluation

Bardehle, Lutz

Club: VfB Salzkotten
Number: 297

Course: 26.20 km
26,2 km - Lauf

Category:
Senioren M45 (45-49 Jahre)

Total time: 2:36:08

Speed: 9.99 km/h
Running performance: 5:58 min/km

Rank in course/Total: 198 (of 492)

Rank in course/Men: 179 (of 415)

Best time in course: 1:38:33

Rank in category: 43(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	18:53	5:43	46	4:39	183	7:01	3.30	18:53	5:43	80		133	
Schlüsie	3.10	19:58	6:26	40	4:19	165	7:00	6.40	38:51	6:04	79		183	14:01
Hermannsklippe	2.60	18:57	7:17	55	5:06	223	7:26	9.00	57:48	6:25	79		141	21:27
Brocken	3.10	31:08	10:02	57	9:48	242	13:18	12.10	1:28:56	7:20	79		183	34:45
Eiserner Handwe	3.60	18:18	5:04	43	4:18	171	6:16	15.70	1:47:14	6:49	79		183	41:01
Schlüsie	4.10	18:04	4:24	41	4:42	187	6:34	19.80	2:05:18	6:19	79		183	47:35
Loddenke	3.10	14:35	4:42	38	3:20	165	4:45	22.90	2:19:53	6:06	79		183	52:20
Ilseburg/Markt	3.30	16:15	4:55	43	4:03	183	7:43	26.20	2:36:08	5:57	45	37:47	186	57:35