



44. Brockenlauf
Ilseburg / 06.09.2014

Detailed evaluation

Karsten, Jörg

Club: Bad Lauterberg
Number: 444

Course: 26.20 km
26,2 km - Lauf

Category:
Senioren M45 (45-49 Jahre)

Total time: 2:36:14

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

Rank in course/Total: 199 (of 492)

Rank in course/Men: 180 (of 415)

Best time in course: 1:38:33

Rank in category: 44(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	18:15	5:31	36	4:01	150	6:23	3.30	18:15	5:31	6		185	
Schlüsie	3.10	20:05	6:28	45	4:26	173	7:07	6.40	38:20	5:59	78		184	13:30
Hermannsklippe	2.60	18:13	7:00	41	4:22	169	6:42	9.00	56:33	6:16	78		184	20:12
Brocken	3.10	30:22	9:47	50	9:02	207	12:32	12.10	1:26:55	7:10	78		184	32:44
Eiserner Handwe	3.60	18:17	5:04	42	4:17	170	6:15	15.70	1:45:12	6:42	78		184	38:59
Schlüsie	4.10	18:11	4:26	48	4:49	199	6:41	19.80	2:03:23	6:13	78		184	45:40
Loddenke	3.10	15:34	5:01	63	4:19	244	5:44	22.90	2:18:57	6:04	78		184	51:24
Ilseburg/Markt	3.30	17:17	5:14	64	5:05	245	8:45	26.20	2:36:14	5:57	46	37:53	187	57:41