



44. Brockenlauf
Ilseburg / 06.09.2014

Detailed evaluation

Witt, Stefan

Club: Team Erdinger Alkoholfrei
Number: 184

Course: 26.20 km
26,2 km - Lauf

Category:
Senioren M45 (45-49 Jahre)

Total time: 2:36:31

Speed: 9.97 km/h
Running performance: 5:58 min/km

Rank in course/Total: 202 (of 492)

Rank in course/Men: 183 (of 415)

Best time in course: 1:38:33

Rank in category: 46(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	19:06	5:47	50	4:52	202	7:14	3.30	19:06	5:47	77		157	
Schlüsie	3.10	21:03	6:47	63	5:24	236	8:05	6.40	40:09	6:16	76		187	15:19
Hermannsklippe	2.60	19:16	7:24	60	5:25	246	7:45	9.00	59:25	6:36	15		187	23:04
Brocken	3.10	31:18	10:05	59	9:58	246	13:28	12.10	1:30:43	7:29	76		187	36:32
Eiserner Handwe	3.60	18:01	5:00	36	4:01	152	5:59	15.70	1:48:44	6:55	76		187	42:31
Schlüsie	4.10	18:36	4:32	55	5:14	225	7:06	19.80	2:07:20	6:25	76		187	49:37
Loddenke	3.10	14:02	4:31	30	2:47	123	4:12	22.90	2:21:22	6:10	76		185	53:49
Ilseburg/Markt	3.30	15:09	4:35	27	2:57	108	6:37	26.20	2:36:31	5:58	48	38:10	190	57:58