



44. Brockenlauf
Ilseburg / 06.09.2014

Detailed evaluation

Dulle, Norbert

Club: Bissendorf
Number: 179

Course: 26.20 km
26,2 km - Lauf

Category:
Senioren M45 (45-49 Jahre)

Total time: 2:36:57

Speed: 10.02 km/h
Running performance: 5:59 min/km

Rank in course/Total: 205 (of 492)

Rank in course/Men: 186 (of 415)

Best time in course: 1:38:33

Rank in category: 47(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	18:03	5:28	30	3:49	134	6:11	3.30	18:03	5:28	76		122	
Schlüsie	3.10	19:17	6:13	31	3:38	125	6:19	6.40	37:20	5:49	75		190	12:30
Hermannsklippe	2.60	18:37	7:09	51	4:46	203	7:06	9.00	55:57	6:13	75		190	19:36
Brocken	3.10	29:17	9:26	36	7:57	160	11:27	12.10	1:25:14	7:02	75		190	31:03
Eiserner Handwe	3.60	19:17	5:21	56	5:17	223	7:15	15.70	1:44:31	6:39	24		190	38:18
Schlüsie	4.10	18:32	4:31	54	5:10	222	7:02	19.80	2:03:03	6:12	75		190	45:20
Loddenke	3.10	16:21	5:16	72	5:06	293	6:31	22.90	2:19:24	6:05	75		190	51:51
Ilseburg/Markt	3.30	17:33	5:19	68	5:21	260	9:01	26.20	2:36:57	5:59	49	38:36	193	58:24