



44. Brockenlauf
Ilseburg / 06.09.2014

Detailed evaluation

Straube, Lars

Club: Bernburg
Number: 142

Course: 26.20 km
26,2 km - Lauf

Category:
Senioren M40 (40-44 Jahre)

Total time: 2:37:19

Speed: 9.92 km/h
Running performance: 6:00 min/km

Rank in course/Total: 209 (of 492)

Rank in course/Men: 190 (of 415)

Best time in course: 1:38:33

Rank in category: 34(of 67)

Best time in the category: 1:51:23

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	17:32	5:18	19	3:49	99	5:40	3.30	17:32	5:18	67		194	
Schlüsie	3.10	19:54	6:25	30	5:12	163	6:56	6.40	37:26	5:50	67		193	12:36
Hermannsklippe	2.60	18:13	7:00	33	5:28	169	6:42	9.00	55:39	6:11	67		167	19:18
Brocken	3.10	30:49	9:56	39	10:45	226	12:59	12.10	1:26:28	7:08	67		193	32:17
Eiserner Handwe	3.60	18:58	5:16	36	5:35	209	6:56	15.70	1:45:26	6:42	67		193	39:13
Schlüsie	4.10	18:22	4:28	41	5:24	208	6:52	19.80	2:03:48	6:15	67		193	46:05
Loddenke	3.10	15:48	5:05	46	5:02	261	5:58	22.90	2:19:36	6:05	65		179	52:03
Ilseburg/Markt	3.30	17:43	5:22	48	5:46	271	9:11	26.20	2:37:19	6:00	34	45:56	197	58:46