



44. Brockenlauf
Ilseburg / 06.09.2014

Detailed evaluation

Sickel, Steffen

Number: 1059

Course: 26.20 km
26,2 km - Lauf

Category:
Senioren M40 (40-44 Jahre)

Total time: 2:37:33

Speed: 9.90 km/h
Running performance: 6:01 min/km

Rank in course/Total: 211 (of 492)

Rank in course/Men: 192 (of 415)

Best time in course: 1:38:33

Rank in category: 35(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	19:04	5:46	35	5:21	200	7:12	3.30	19:04	5:46	17		197	
Schlüsie	3.10	19:28	6:16	24	4:46	133	6:30	6.40	38:32	6:01	17		196	13:42
Hermannsklippe	2.60	17:21	6:40	21	4:36	116	5:50	9.00	55:53	6:12	17		196	19:32
Brocken	3.10	28:24	9:09	24	8:20	130	10:34	12.10	1:24:17	6:57	17		196	30:06
Eiserner Handwe	3.60	19:36	5:26	43	6:13	244	7:34	15.70	1:43:53	6:37	17		196	37:40
Schlüsie	4.10	18:15	4:27	40	5:17	205	6:45	19.80	2:02:08	6:10	17		196	44:25
Loddenke	3.10	14:55	4:48	37	4:09	195	5:05	22.90	2:17:03	5:59	17		196	49:30
Ilseburg/Markt	3.30	20:30	6:12	60	8:33	363	11:58	26.20	2:37:33	6:00	35	46:10	199	59:00