



44. Brockenlauf
Ilseburg / 06.09.2014

Detailed evaluation

Gastmann, Andreas

Club: TuS Bothfeld
Number: 220

Course: 26.20 km
26,2 km - Lauf

Category:
Senioren M45 (45-49 Jahre)

Total time: 2:38:20

Speed: 9.85 km/h
Running performance: 6:02 min/km

Rank in course/Total: 222 (of 492)

Rank in course/Men: 201 (of 415)

Best time in course: 1:38:33

Rank in category: 50(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	18:33	5:37	41	4:19	164	6:41	3.30	18:33	5:37	24		206	
Schlüsie	3.10	20:03	6:28	42	4:24	170	7:05	6.40	38:36	6:01	24		205	13:46
Hermannsklippe	2.60	18:17	7:01	44	4:26	178	6:46	9.00	56:53	6:19	24		205	20:32
Brocken	3.10	28:42	9:15	32	7:22	144	10:52	12.10	1:25:35	7:04	24		205	31:24
Eiserner Handwe	3.60	18:56	5:15	52	4:56	206	6:54	15.70	1:44:31	6:39	24		190	38:18
Schlüsie	4.10	19:57	4:51	71	6:35	288	8:27	19.80	2:04:28	6:17	24		205	46:45
Loddenke	3.10	16:27	5:18	74	5:12	297	6:37	22.90	2:20:55	6:09	24		205	53:22
Ilseburg/Markt	3.30	17:25	5:16	67	5:13	255	8:53	26.20	2:38:20	6:02	52	39:59	208	59:47