



44. Brockenlauf
Ilseburg / 06.09.2014

Detailed evaluation

Gut, Norbert

Club: Alfeld
Number: 413

Course: 26.20 km
26,2 km - Lauf

Category:
Senioren M40 (40-44 Jahre)

Total time: 2:38:30

Speed: 9.84 km/h
Running performance: 6:03 min/km

Rank in course/Total: 224 (of 492)

Rank in course/Men: 203 (of 415)

Best time in course: 1:38:33

Rank in category: 37(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	19:18	5:50	40	5:35	223	7:26	3.30	19:18	5:50	15		208	
Schlüsie	3.10	21:19	6:52	47	6:37	263	8:21	6.40	40:37	6:20	15		207	15:47
Hermannsklippe	2.60	19:09	7:21	46	6:24	238	7:38	9.00	59:46	6:38	15	0:36	207	23:25
Brocken	3.10	31:06	10:01	41	11:02	241	13:16	12.10	1:30:52	7:30	15	3:44	189	36:41
Eiserner Handwe	3.60	17:47	4:56	25	4:24	141	5:45	15.70	1:48:39	6:55	15	1:13	207	42:26
Schlüsie	4.10	17:59	4:23	34	5:01	179	6:29	19.80	2:06:38	6:23	15	0:07	207	48:55
Loddenke	3.10	15:05	4:51	40	4:19	210	5:15	22.90	2:21:43	6:11	15		207	54:10
Ilseburg/Markt	3.30	16:47	5:05	38	4:50	220	8:15	26.20	2:38:30	6:02	37	47:07	210	59:57