



44. Brockenlauf
Ilseburg / 06.09.2014

Detailed evaluation

Koch, Ingmar

Club: Ultramarathon Essighausen
Number: 412

Course: 26.20 km
26,2 km - Lauf

Category:
Senioren M40 (40-44 Jahre)

Total time: 2:38:37

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

Rank in course/Total: 225 (of 492)

Rank in course/Men: 204 (of 415)

Best time in course: 1:38:33

Rank in category: 38(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	19:20	5:51	41	5:37	226	7:28	3.30	19:20	5:51	14		209	
Schlüsie	3.10	20:10	6:30	32	5:28	177	7:12	6.40	39:30	6:10	14		208	14:40
Hermannsklippe	2.60	18:19	7:02	36	5:34	181	6:48	9.00	57:49	6:25	14		208	21:28
Brocken	3.10	29:45	9:35	31	9:41	180	11:55	12.10	1:27:34	7:14	14	0:26	186	33:23
Eiserner Handwe	3.60	21:10	5:52	53	7:47	305	9:08	15.70	1:48:44	6:55	14	1:18	187	42:31
Schlüsie	4.10	19:05	4:39	46	6:07	241	7:35	19.80	2:07:49	6:27	14	1:18	208	50:06
Loddenke	3.10	14:57	4:49	39	4:11	200	5:07	22.90	2:22:46	6:14	14	0:53	208	55:13
Ilseburg/Markt	3.30	15:51	4:48	30	3:54	152	7:19	26.20	2:38:37	6:03	38	47:14	211	1:00:04