



44. Brockenlauf
Ilseburg / 06.09.2014

Detailed evaluation

Forstenbacher, Bernd

Club: Triathlonfreunde Wittenberg
Number: 114

Course: 26.20 km
26,2 km - Lauf

Category:
Senioren M40 (40-44 Jahre)

Total time: 2:38:42

Speed: 9.83 km/h
Running performance: 6:04 min/km

Rank in course/Total: 226 (of 492)

Rank in course/Men: 205 (of 415)

Best time in course: 1:38:33

Rank in category: 39(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	17:37	5:20	20	3:54	105	5:45	3.30	17:37	5:20	13		85	
Schlüsie	3.10	20:27	6:35	35	5:45	196	7:29	6.40	38:04	5:56	13		209	13:14
Hermannsklippe	2.60	17:56	6:53	28	5:11	152	6:25	9.00	56:00	6:13	13		209	19:39
Brocken	3.10	34:15	11:02	54	14:11	333	16:25	12.10	1:30:15	7:27	13	3:07	181	36:04
Eiserner Handwe	3.60	18:40	5:11	34	5:17	190	6:38	15.70	1:48:55	6:56	13	1:29	203	42:42
Schlüsie	4.10	18:03	4:24	37	5:05	185	6:33	19.80	2:06:58	6:24	13	0:27	209	49:15
Loddenke	3.10	14:48	4:46	35	4:02	189	4:58	22.90	2:21:46	6:11	13		209	54:13
Ilseburg/Markt	3.30	16:56	5:07	40	4:59	227	8:24	26.20	2:38:42	6:03	39	47:19	212	1:00:09