



44. Brockenlauf
Ilseburg / 06.09.2014

Detailed evaluation

Teubener, Kai

Club: VfL Bückeberg
Number: 65

Course: 26.20 km
26,2 km - Lauf

Category:
Senioren M40 (40-44 Jahre)

Total time: 2:39:09

Speed: 9.80 km/h
Running performance: 6:04 min/km

Rank in course/Total: 229 (of 492)

Rank in course/Men: 208 (of 415)

Best time in course: 1:38:33

Rank in category: 40(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	20:57	6:20	57	7:14	322	9:05	3.30	20:57	6:20	12	0:27	203	1:21
Schlüsie	3.10	21:29	6:55	50	6:47	274	8:31	6.40	42:26	6:37	12	1:24	211	17:36
Hermannsklippe	2.60	19:09	7:21	46	6:24	238	7:38	9.00	1:01:35	6:50	12	2:25	211	25:14
Brocken	3.10	32:22	10:26	48	12:18	282	14:32	12.10	1:33:57	7:45	12	6:49	211	39:46
Eiserner Handwe	3.60	18:59	5:16	37	5:36	210	6:57	15.70	1:52:56	7:11	12	5:30	211	46:43
Schlüsie	4.10	17:13	4:11	27	4:15	137	5:43	19.80	2:10:09	6:34	12	3:38	211	52:26
Loddenke	3.10	13:55	4:29	23	3:09	111	4:05	22.90	2:24:04	6:17	12	2:11	211	56:31
Ilseburg/Markt	3.30	15:05	4:34	20	3:08	99	6:33	26.20	2:39:09	6:04	40	47:46	215	1:00:36