



44. Brockenlauf  
Ilseburg / 06.09.2014

Detailed evaluation

Pvka, Steffen

Number: 1070

Course: 26.20 km  
26,2 km - Lauf

Category:  
Senioren M40 (40-44 Jahre)

Total time: 2:40:22

Speed: 9.73 km/h

Running performance: 6:07 min/km

Rank in course/Total: 237 (of 492)

Rank in course/Men: 219 (of 415)

Best time in course: 1:38:33

Rank in category: 43(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	16:02	4:51	8	2:19	47	4:10	3.30	16:02	4:51	9		220	
Schlüsie	3.10	19:35	6:19	27	4:53	145	6:37	6.40	35:37	5:33	9		198	10:47
Hermannsklippe	2.60	18:59	7:18	41	6:14	225	7:28	9.00	54:36	6:03	9		88	18:15
Brocken	3.10	34:21	11:04	55	14:17	334	16:31	12.10	1:28:57	7:21	9	1:49	219	34:46
Eiserner Handwe	3.60	18:24	5:06	32	5:01	176	6:22	15.70	1:47:21	6:50	9		191	41:08
Schlüsie	4.10	18:06	4:24	38	5:08	191	6:36	19.80	2:05:27	6:20	9		219	47:44
Loddenke	3.10	16:51	5:26	54	6:05	324	7:01	22.90	2:22:18	6:12	9	0:25	219	54:45
Ilseburg/Markt	3.30	18:04	5:28	49	6:07	288	9:32	26.20	2:40:22	6:07	43	48:59	222	1:01:49