



44. Brockenlauf
Ilseburg / 06.09.2014

Detailed evaluation

Roth, Klaus

Number: 1068

Course: 26.20 km
26,2 km - Lauf

Category:
Senioren M55 (55-59 Jahre)

Total time: 2:40:41

Speed: 9.71 km/h

Running performance: 6:08 min/km

Rank in course/Total: 243 (of 492)

Rank in course/Men: 225 (of 415)

Best time in course: 1:38:33

Rank in category: 18(of 47)

Best time in the category: 2:12:40

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	17:41	5:21	7	1:47	116	5:49	3.30	17:41	5:21	42		226	
Schlüsie	3.10	20:24	6:34	16	2:56	190	7:26	6.40	38:05	5:57	42		143	13:15
Hermannsklippe	2.60	19:03	7:19	17	3:16	230	7:32	9.00	57:08	6:20	42		225	20:47
Brocken	3.10	33:24	10:46	25	8:17	315	15:34	12.10	1:30:32	7:28	42		225	36:21
Eiserner Handwe	3.60	19:43	5:28	21	4:36	251	7:41	15.70	1:50:15	7:01	42		225	44:02
Schlüsie	4.10	17:38	4:18	15	3:15	161	6:08	19.80	2:07:53	6:27	42		225	50:10
Loddenke	3.10	15:09	4:53	17	3:00	215	5:19	22.90	2:23:02	6:14	42		225	55:29
Ilseburg/Markt	3.30	17:39	5:20	24	3:45	267	9:07	26.20	2:40:41	6:07	18	28:01	228	1:02:08