



44. Brockenlauf
Ilseburg / 06.09.2014

Detailed evaluation

Moshage, Ronny

Club: Vidar Motion
Number: 323

Course: 26.20 km
26,2 km - Lauf

Category:
Senioren M45 (45-49 Jahre)

Total time: 2:40:52

Speed: 9.70 km/h
Running performance: 6:08 min/km

Rank in course/Total: 245 (of 492)

Rank in course/Men: 221 (of 415)

Best time in course: 1:38:33

Rank in category: 54(of 98)

Best time in the category: 1:58:21

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	21:25	6:29	81	7:11	338	9:33	3.30	21:25	6:29	20	1:40	228	1:49
Schlüsie	3.10	21:07	6:48	65	5:28	246	8:09	6.40	42:32	6:38	20	1:31	227	17:42
Hermannsklippe	2.60	19:23	7:27	62	5:32	253	7:52	9.00	1:01:55	6:52	20	1:12	227	25:34
Brocken	3.10	29:39	9:33	42	8:19	176	11:49	12.10	1:31:34	7:34	20		227	37:23
Eiserner Handwe	3.60	20:32	5:42	69	6:32	282	8:30	15.70	1:52:06	7:08	20	0:01	227	45:53
Schlüsie	4.10	18:19	4:28	52	4:57	206	6:49	19.80	2:10:25	6:35	20		227	52:42
Loddenke	3.10	14:04	4:32	31	2:49	126	4:14	22.90	2:24:29	6:18	20		227	56:56
Ilseburg/Markt	3.30	16:23	4:57	46	4:11	191	7:51	26.20	2:40:52	6:08	56	42:31	230	1:02:19