



44. Brockenlauf
Ilseburg / 06.09.2014

Detailed evaluation

Lossie, Thomas

Number: 1081

Course: 26.20 km
26,2 km - Lauf

Category:
Senioren M40 (40-44 Jahre)

Total time: 2:40:56

Speed: 9.69 km/h
Running performance: 6:08 min/km

Rank in course/Total: 246 (of 492)

Rank in course/Men: 222 (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	19:02	5:46	34	5:19	196	7:10	3.30	19:02	5:46	8		229	
Schlüsie	3.10	19:32	6:18	26	4:50	139	6:34	6.40	38:34	6:01	8		228	13:44
Hermannsklippe	2.60	17:56	6:53	28	5:11	152	6:25	9.00	56:30	6:16	8		228	20:09
Brocken	3.10	32:22	10:26	48	12:18	282	14:32	12.10	1:28:52	7:20	8	1:44	228	34:41
Eiserner Handwe	3.60	17:49	4:56	26	4:26	142	5:47	15.70	1:46:41	6:47	8		228	40:28
Schlüsie	4.10	16:47	4:05	16	3:49	110	5:17	19.80	2:03:28	6:14	8		228	45:45
Loddenke	3.10	17:04	5:30	56	6:18	335	7:14	22.90	2:20:32	6:08	8		228	52:59
Ilseburg/Markt	3.30	20:24	6:10	59	8:27	358	11:52	26.20	2:40:56	6:08	44	49:33	231	1:02:23