



44. Brockenlauf  
Ilseburg / 06.09.2014

Detailed evaluation

Förster, Norbert

Club: Braunschweig  
Number: 1078

Course: 26.20 km  
26,2 km - Lauf

Category:  
Senioren M45 (45-49 Jahre)

Total time: 2:41:19

Speed: 9.67 km/h  
Running performance: 6:10 min/km

Rank in course/Total: 248 (of 492)

Rank in course/Men: 224 (of 415)

Best time in course: 1:38:33

Rank in category: 56(of 98)

Best time in the category: 1:58:21

Intermediate times

Stage score

Total ranking

Control	Intermediate times					Stage score				Total ranking				
	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	19:43	5:58	67	5:29	252	7:51	3.30	19:43	5:58	19		230	0:07
Schlüsie	3.10	22:09	7:08	76	6:30	302	9:11	6.40	41:52	6:32	19	0:51	229	17:02
Hermannsklippe	2.60	20:15	7:47	72	6:24	295	8:44	9.00	1:02:07	6:54	19	1:24	229	25:46
Brocken	3.10	30:07	9:42	46	8:47	194	12:17	12.10	1:32:14	7:37	19		229	38:03
Eiserner Handwe	3.60	18:39	5:10	47	4:39	189	6:37	15.70	1:50:53	7:03	19		229	44:40
Schlüsie	4.10	18:29	4:30	53	5:07	218	6:59	19.80	2:09:22	6:32	19		229	51:39
Loddenke	3.10	15:27	4:59	60	4:12	236	5:37	22.90	2:24:49	6:19	19		229	57:16
Ilseburg/Markt	3.30	16:30	5:00	51	4:18	200	7:58	26.20	2:41:19	6:09	58	42:58	233	1:02:46