



44. Brockenlauf
Ilseburg / 06.09.2014

Detailed evaluation

Spomer, Lutz

Club: Delligser SC
Number: 433

Course: 26.20 km
26,2 km - Lauf

Category:
Senioren M45 (45-49 Jahre)

Total time: 2:41:02

Speed: 9.69 km/h
Running performance: 6:09 min/km

Rank in course/Total: 247 (of 492)

Rank in course/Men: 223 (of 415)

Best time in course: 1:38:33

Rank in category: 55(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	18:30	5:36	40	4:16	163	6:38	3.30	18:30	5:36	18		231	
Schlüsie	3.10	20:59	6:46	60	5:20	232	8:01	6.40	39:29	6:10	18		182	14:39
Hermannsklippe	2.60	18:44	7:12	52	4:53	209	7:13	9.00	58:13	6:28	14		226	21:52
Brocken	3.10	32:29	10:28	73	11:09	292	14:39	12.10	1:30:42	7:29	18		230	36:31
Eiserner Handwe	3.60	18:12	5:03	40	4:12	166	6:10	15.70	1:48:54	6:56	18		230	42:41
Schlüsie	4.10	18:06	4:24	42	4:44	191	6:36	19.80	2:07:00	6:24	18		230	49:17
Loddenke	3.10	15:19	4:56	56	4:04	228	5:29	22.90	2:22:19	6:12	18		230	54:46
Ilseburg/Markt	3.30	18:43	5:40	80	6:31	314	10:11	26.20	2:41:02	6:08	57	42:41	232	1:02:29