



44. Brockenlauf

Ilseburg / 06.09.2014

Detailed evaluation

Schlegel, Dirk

Club: Halle
Number: 174

Course: 26.20 km
26,2 km - Lauf

Category:
Senioren M40 (40-44 Jahre)

Total time: 2:42:56

Speed: 9.57 km/h
Running performance: 6:13 min/km

Rank in course/Total: 258 (of 492)

Rank in course/Men: 231 (of 415)

Best time in course: 1:38:33

Rank in category: 45(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	19:07	5:47	37	5:24	206	7:15	3.30	19:07	5:47	6		113	
Schlüsie	3.10	20:35	6:38	41	5:53	207	7:37	6.40	39:42	6:12	6		188	14:52
Hermannsklippe	2.60	19:18	7:25	48	6:33	247	7:47	9.00	59:00	6:33	6		238	22:39
Brocken	3.10	30:35	9:51	38	10:31	218	12:45	12.10	1:29:35	7:24	6	2:27	238	35:24
Eiserner Handwe	3.60	19:57	5:32	45	6:34	257	7:55	15.70	1:49:32	6:58	6	2:06	238	43:19
Schlüsie	4.10	19:46	4:49	51	6:48	279	8:16	19.80	2:09:18	6:31	6	2:47	238	51:35
Loddenke	3.10	16:10	5:12	49	5:24	282	6:20	22.90	2:25:28	6:21	6	3:35	238	57:55
Ilseburg/Markt	3.30	17:28	5:17	44	5:31	258	8:56	26.20	2:42:56	6:13	46	51:33	241	1:04:23