



44. Brockenlauf
Ilseburg / 06.09.2014

Detailed evaluation

Werner, Thorleiv

Club: Triathlon Team Lüneburg
Number: 20

Course: 26.20 km
26,2 km - Lauf

Category:
Senioren M45 (45-49 Jahre)

Total time: 2:43:05

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

Rank in course/Total: 259 (of 492)

Rank in course/Men: 232 (of 415)

Best time in course: 1:38:33

Rank in category: 58(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.	Stage score		Total			Total ranking			
						Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men
Loddenke	3.30	18:01	5:27	29	3:47	130	6:09	3.30	18:01	5:27	16		129	
Schlüsie	3.10	20:26	6:35	50	4:47	193	7:28	6.40	38:27	6:00	14		239	13:37
Hermannsklippe	2.60	19:20	7:26	61	5:29	251	7:49	9.00	57:47	6:25	16		239	21:26
Brocken	3.10	32:27	10:28	72	11:07	291	14:37	12.10	1:30:14	7:27	16		239	36:03
Eiserner Handwe	3.60	20:29	5:41	68	6:29	281	8:27	15.70	1:50:43	7:03	16		239	44:30
Schlüsie	4.10	18:59	4:37	58	5:37	237	7:29	19.80	2:09:42	6:33	16		239	51:59
Loddenke	3.10	15:29	4:59	61	4:14	238	5:39	22.90	2:25:11	6:20	16		239	57:38
Ilseburg/Markt	3.30	17:54	5:25	72	5:42	282	9:22	26.20	2:43:05	6:13	60	44:44	242	1:04:32