



44. Brockenlauf
Ilseburg / 06.09.2014

Detailed evaluation

Könnecke, Sven

Club: Haldensleben
Number: 461

Course: 26.20 km
26,2 km - Lauf

Category:
Senioren M45 (45-49 Jahre)

Total time: 2:43:18

Speed: 9.55 km/h
Running performance: 6:14 min/km

Rank in course/Total: 261 (of 492)

Rank in course/Men: 233 (of 415)

Best time in course: 1:38:33

Rank in category: 59(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	19:30	5:54	59	5:16	237	7:38	3.30	19:30	5:54	15		241	
Schlüsie	3.10	20:56	6:45	58	5:17	229	7:58	6.40	40:26	6:19	10		240	15:36
Hermannsklippe	2.60	18:59	7:18	57	5:08	225	7:28	9.00	59:25	6:36	15		187	23:04
Brocken	3.10	32:23	10:26	69	11:03	285	14:33	12.10	1:31:48	7:35	15		214	37:37
Eiserner Handwe	3.60	19:31	5:25	60	5:31	239	7:29	15.70	1:51:19	7:05	15		240	45:06
Schlüsie	4.10	19:04	4:39	59	5:42	240	7:34	19.80	2:10:23	6:35	15		240	52:40
Loddenke	3.10	15:33	5:00	62	4:18	240	5:43	22.90	2:25:56	6:22	15		240	58:23
Ilseburg/Markt	3.30	17:22	5:15	65	5:10	251	8:50	26.20	2:43:18	6:13	61	44:57	243	1:04:45