



44. Brockenlauf
Ilseburg / 06.09.2014

Detailed evaluation

Altermann, Heinz

Total time: 2:46:08

Club: ESV 49 Angermünde Laufgruppe -Die Lokvögel

Speed: 9.39 km/h

Number: 213

Running performance: 6:20 min/km

Course: 26.20 km

Rank in course/Total: 282 (of 492)

26,2 km - Lauf

Rank in course/Men: 250 (of 415)

Best time in course: 1:38:33

Category:

Rank in category: 2(of 6)

Senioren M65 (65-69 Jahre)

Best time in the category: 2:39:08

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	20:47	6:17	2	0:01	307	8:55	3.30	20:47	6:17	2		260	1:11
Schlüsie	3.10	21:54	7:03	2	0:25	291	8:56	6.40	42:41	6:40	2	0:15	259	17:51
Hermannsklippe	2.60	20:02	7:42	2	0:53	283	8:31	9.00	1:02:43	6:58	2	1:08	259	26:22
Brocken	3.10	33:53	10:55	3	1:55	327	16:03	12.10	1:36:36	7:59	2	2:39	259	42:25
Eiserner Handwe	3.60	19:54	5:31	2	0:55	255	7:52	15.70	1:56:30	7:25	2	3:34	259	50:17
Schlüsie	4.10	18:22	4:28	2	1:09	208	6:52	19.80	2:14:52	6:48	2	4:43	259	57:09
Loddenke	3.10	14:47	4:46	2	0:52	186	4:57	22.90	2:29:39	6:32	2	5:35	259	1:02:06
Ilseburg/Markt	3.30	16:29	4:59	2	1:25	196	7:57	26.20	2:46:08	6:20	2	7:00	261	1:07:35