



44. Brockenlauf
Ilseburg / 06.09.2014

Detailed evaluation

Döhmland, Frank

Club: Elbingerode
Number: 60

Course: 26.20 km
26,2 km - Lauf

Category:
Senioren M45 (45-49 Jahre)

Total time: 2:47:07

Speed: 9.33 km/h
Running performance: 6:23 min/km

Rank in course/Total: 296 (of 492)

Rank in course/Men: 260 (of 415)

Best time in course: 1:38:33

Rank in category: 65(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	18:48	5:41	44	4:34	173	6:56	3.30	18:48	5:41	9		211	
Schlüsie	3.10	21:05	6:48	64	5:26	243	8:07	6.40	39:53	6:13	9		268	15:03
Hermannsklippe	2.60	18:27	7:05	45	4:36	189	6:56	9.00	58:20	6:28	9		268	21:59
Brocken	3.10	32:01	10:19	67	10:41	273	14:11	12.10	1:30:21	7:28	9		268	36:10
Eiserner Handwe	3.60	20:05	5:34	63	6:05	261	8:03	15.70	1:50:26	7:02	9		268	44:13
Schlüsie	4.10	20:51	5:05	76	7:29	324	9:21	19.80	2:11:17	6:37	9		257	53:34
Loddenke	3.10	16:05	5:11	70	4:50	279	6:15	22.90	2:27:22	6:26	9	0:41	268	59:49
Ilseburg/Markt	3.30	19:45	5:59	87	7:33	345	11:13	26.20	2:47:07	6:22	67	48:46	271	1:08:34