



44. Brockenlauf
Ilseburg / 06.09.2014

Detailed evaluation

Bedemann, Torsten

Club: Ziltendorf
Number: 255

Course: 26.20 km
26,2 km - Lauf

Category:
Senioren M45 (45-49 Jahre)

Total time: 2:48:04

Speed: 9.35 km/h
Running performance: 6:25 min/km

Rank in course/Total: 305 (of 492)

Rank in course/Men: 267 (of 415)

Best time in course: 1:38:33

Rank in category: 67(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 ranking						
						Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men
Loddenke	3.30	20:21	6:10	76	6:07	285	8:29	3.30	20:21	6:10	7	0:36	243	0:45
Schlüsie	3.10	20:45	6:41	55	5:06	219	7:47	6.40	41:06	6:25	7	0:05	181	16:16
Hermannsklippe	2.60	20:55	8:02	78	7:04	320	9:24	9.00	1:02:01	6:53	7	1:18	277	25:40
Brocken	3.10	31:43	10:13	63	10:23	263	13:53	12.10	1:33:44	7:44	7	1:15	277	39:33
Eiserner Handwe	3.60	20:36	5:43	70	6:36	285	8:34	15.70	1:54:20	7:16	7	2:15	277	48:07
Schlüsie	4.10	19:37	4:47	66	6:15	270	8:07	19.80	2:13:57	6:45	7	2:39	277	56:14
Loddenke	3.10	16:33	5:20	75	5:18	306	6:43	22.90	2:30:30	6:34	7	3:49	277	1:02:57
Ilseburg/Markt	3.30	17:34	5:19	69	5:22	261	9:02	26.20	2:48:04	6:24	69	49:43	278	1:09:31