



44. Brockenlauf
Ilseburg / 06.09.2014

Detailed evaluation

Gnoyke, Björn

Club: Team Erdinger Alkoholfrei
Number: 254

Course: 26.20 km
26,2 km - Lauf

Category:
Senioren M45 (45-49 Jahre)

Total time: 2:48:47

Speed: 9.24 km/h
Running performance: 6:26 min/km

Rank in course/Total: 310 (of 492)

Rank in course/Men: 273 (of 415)

Best time in course: 1:38:33

Rank in category: 69(of 98)

Best time in the category: 1:58:21

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	21:09	6:24	80	6:55	328	9:17	3.30	21:09	6:24	5	1:24	283	1:33
Schlüsie	3.10	21:54	7:03	73	6:15	291	8:56	6.40	43:03	6:43	5	2:02	149	18:13
Hermannsklippe	2.60	20:00	7:41	70	6:09	282	8:29	9.00	1:03:03	7:00	5	2:20	252	26:42
Brocken	3.10	35:35	11:28	88	14:15	357	17:45	12.10	1:38:38	8:09	5	6:09	282	44:27
Eiserner Handwe	3.60	20:49	5:46	72	6:49	294	8:47	15.70	1:59:27	7:36	5	7:22	282	53:14
Schlüsie	4.10	18:49	4:35	56	5:27	232	7:19	19.80	2:18:16	6:58	5	6:58	282	1:00:33
Loddenke	3.10	14:53	4:48	47	3:38	194	5:03	22.90	2:33:09	6:41	5	6:28	282	1:05:36
Ilseburg/Markt	3.30	15:38	4:44	34	3:26	138	7:06	26.20	2:48:47	6:26	71	50:26	284	1:10:14