



44. Brockenlauf  
Ilseburg / 06.09.2014

Detailed evaluation

Suckow, Stefan

Club: Calenberger Canoe Club  
Number: 495

Course: 26.20 km  
26,2 km - Lauf

Category:  
Senioren M45 (45-49 Jahre)

Total time: 2:50:52

Speed: 9.13 km/h  
Running performance: 6:31 min/km

Rank in course/Total: 334 (of 492)

Rank in course/Men: 293 (of 415)

Best time in course: 1:38:33

Rank in category: 73(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	18:05	5:28	32	3:51	137	6:13	3.30	18:05	5:28	14		112	
Schlüsie	3.10	20:22	6:34	47	4:43	187	7:24	6.40	38:27	6:00	14		239	13:37
Hermannsklippe	2.60	19:46	7:36	66	5:55	273	8:15	9.00	58:13	6:28	14		226	21:52
Brocken	3.10	33:46	10:53	82	12:26	322	15:56	12.10	1:31:59	7:36	14		301	37:48
Eiserner Handwe	3.60	21:30	5:58	79	7:30	323	9:28	15.70	1:53:29	7:13	14	1:24	301	47:16
Schlüsie	4.10	21:53	5:20	83	8:31	362	10:23	19.80	2:15:22	6:50	14	4:04	301	57:39
Loddenke	3.10	15:52	5:07	69	4:37	268	6:02	22.90	2:31:14	6:36	14	4:33	301	1:03:41
Ilseburg/Markt	3.30	19:38	5:56	86	7:26	341	11:06	26.20	2:50:52	6:31	75	52:31	304	1:12:19