



44. Brockenlauf
Ilseburg / 06.09.2014

Detailed evaluation

Gehring, Bernd

Club: Emsdetten
Number: 112

Course: 26.20 km
26,2 km - Lauf

Category:
Senioren M50 (50-54 Jahre)

Total time: 2:52:31

Speed: 9.04 km/h
Running performance: 6:35 min/km

Rank in course/Total: 346 (of 492)

Rank in course/Men: 300 (of 415)

Best time in course: 1:38:33

Rank in category: 49(of 62)

Best time in the category: 2:03:47

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	19:49	6:00	40	4:39	259	7:57	3.30	19:49	6:00	6	-	258	0:13
Schlüsie	3.10	22:40	7:18	53	6:18	324	9:42	6.40	42:29	6:38	19	-	307	17:39
Hermannsklippe	2.60	20:33	7:54	46	6:12	307	9:02	9.00	1:03:02	7:00	19	-	307	26:41
Brocken	3.10	33:21	10:45	52	9:11	314	15:31	12.10	1:36:23	7:57	1	-	297	42:12
Eiserner Handwe	3.60	21:27	5:57	51	6:37	320	9:25	15.70	1:57:50	7:30	19	0:01	307	51:37
Schlüsie	4.10	20:31	5:00	48	6:28	309	9:01	19.80	2:18:21	6:59	19	1:10	307	1:00:38
Loddenke	3.10	16:28	5:18	47	4:39	298	6:38	22.90	2:34:49	6:45	19	2:23	307	1:07:16
Ilseburg/Markt	3.30	17:42	5:21	44	5:02	270	9:10	26.20	2:52:31	6:35	51	48:44	311	1:13:58