



44. Brockenlauf  
Ilseburg / 06.09.2014

Detailed evaluation

Hönig, Marco

Club: WSV Elbingerode  
Number: 466

Course: 26.20 km  
26,2 km - Lauf

Category:  
Senioren M40 (40-44 Jahre)

Total time: 2:52:49

Speed: 9.03 km/h  
Running performance: 6:36 min/km

Rank in course/Total: 348 (of 492)

Rank in course/Men: 301 (of 415)

Best time in course: 1:38:33

Rank in category: 53(of 67)

Best time in the category: 1:51:23

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	21:26	6:29	59	7:43	340	9:34	3.30	21:26	6:29	26	0:56	309	1:50
Schlüsie	3.10	22:51	7:22	57	8:09	330	9:53	6.40	44:17	6:55	32	3:15	308	19:27
Hermannsklippe	2.60	21:50	8:23	59	9:05	348	10:19	9.00	1:06:07	7:20	32	6:57	308	29:46
Brocken	3.10	35:35	11:28	58	15:31	357	17:45	12.10	1:41:42	8:24	32	14:34	308	47:31
Eiserner Handwe	3.60	19:22	5:22	40	5:59	227	7:20	15.70	2:01:04	7:42	32	13:38	308	54:51
Schlüsie	4.10	18:37	4:32	44	5:39	226	7:07	19.80	2:19:41	7:03	32	13:10	308	1:01:58
Loddenke	3.10	15:34	5:01	45	4:48	244	5:44	22.90	2:35:15	6:46	32	13:22	308	1:07:42
Ilseburg/Markt	3.30	17:34	5:19	46	5:37	261	9:02	26.20	2:52:49	6:35	54	1:01:26	312	1:14:16