



44. Brockenlauf

Ilseburg / 06.09.2014

Detailed evaluation

Gunder, Thiemo

Club: TSV Immenrode
Number: 366

Course: 26.20 km
26,2 km - Lauf

Category:
Senioren M45 (45-49 Jahre)

Total time: 2:53:48

Speed: 8.98 km/h
Running performance: 6:38 min/km

Rank in course/Total: 354 (of 492)

Rank in course/Men: 306 (of 415)

Best time in course: 1:38:33

Rank in category: 76(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	22:00	6:40	89	7:46	367	10:08	3.30	22:00	6:40	37	2:15	315	2:24
Schlüsie	3.10	23:14	7:29	87	7:35	349	10:16	6.40	45:14	7:04	47	4:13	314	20:24
Hermannsklippe	2.60	22:11	8:31	86	8:20	357	10:40	9.00	1:07:25	7:29	47	6:42	314	31:04
Brocken	3.10	33:39	10:51	80	12:19	319	15:49	12.10	1:41:04	8:21	47	8:35	314	46:53
Eiserner Handwe	3.60	22:53	6:21	88	8:53	372	10:51	15.70	2:03:57	7:53	37	11:52	314	57:44
Schlüsie	4.10	20:56	5:06	78	7:34	328	9:26	19.80	2:24:53	7:19	47	13:35	314	1:07:10
Loddenke	3.10	14:00	4:30	28	2:45	120	4:10	22.90	2:38:53	6:56	47	12:12	314	1:11:20
Ilseburg/Markt	3.30	14:55	4:31	21	2:43	87	6:23	26.20	2:53:48	6:38	78	55:27	317	1:15:15