



44. Brockenlauf  
Ilseburg / 06.09.2014

Detailed evaluation

Stritzke, Michael

Total time: 2:54:18

Club: Ernährungsberatung Marion Stritzke Salzgitte

Speed: 8.95 km/h

Number: 283

Running performance: 6:39 min/km

Course: 26.20 km

Rank in course/Total: 358 (of 492)

26,2 km - Lauf

Rank in course/Men: 310 (of 415)

Best time in course: 1:38:33

Category:

Rank in category: 78(of 98)

Senioren M45 (45-49 Jahre)

Best time in the category: 1:58:21

Intermediate times

Stage score

Total ranking

| Control         | Split<br>km | Split<br>Time | Split<br>min/km | Pos<br>Cat. | Behind<br>Cat. | Stage score |               | Total ranking |               |                 |             |                |            |               |
|-----------------|-------------|---------------|-----------------|-------------|----------------|-------------|---------------|---------------|---------------|-----------------|-------------|----------------|------------|---------------|
|                 |             |               |                 |             |                | Pos<br>Men  | Behind<br>Men | Total<br>km   | Total<br>Time | Total<br>min/km | Pos<br>Cat. | Behind<br>Cat. | Pos<br>Men | Behind<br>Men |
| Loddenke        | 3.30        | 20:24         | 6:10            | 77          | 6:10           | 287         | 8:32          | 3.30          | 20:24         | 6:10            | 45          | 0:39           | 319        | 0:48          |
| Schlüsie        | 3.10        | 21:13         | 6:50            | 68          | 5:34           | 253         | 8:15          | 6.40          | 41:37         | 6:30            | 45          | 0:36           | 318        | 16:47         |
| Hermannsklippe  | 2.60        | 19:57         | 7:40            | 69          | 6:06           | 280         | 8:26          | 9.00          | 1:01:34       | 6:50            | 45          | 0:51           | 176        | 25:13         |
| Brocken         | 3.10        | 32:26         | 10:27           | 71          | 11:06          | 290         | 14:36         | 12.10         | 1:34:00       | 7:46            | 45          | 1:31           | 318        | 39:49         |
| Eiserner Handwe | 3.60        | 22:44         | 6:18            | 86          | 8:44           | 367         | 10:42         | 15.70         | 1:56:44       | 7:26            | 45          | 4:39           | 318        | 50:31         |
| Schlüsie        | 4.10        | 21:35         | 5:15            | 80          | 8:13           | 350         | 10:05         | 19.80         | 2:18:19       | 6:59            | 45          | 7:01           | 318        | 1:00:36       |
| Loddenke        | 3.10        | 17:12         | 5:32            | 83          | 5:57           | 342         | 7:22          | 22.90         | 2:35:31       | 6:47            | 45          | 8:50           | 318        | 1:07:58       |
| Ilseburg/Markt  | 3.30        | 18:47         | 5:41            | 82          | 6:35           | 317         | 10:15         | 26.20         | 2:54:18       | 6:39            | 80          | 55:57          | 321        | 1:15:45       |