



44. Brockenlauf  
Ilseburg / 06.09.2014

Detailed evaluation

Kroll, Ralf

Club: Königreich Deutschland  
Number: 488

Course: 26.20 km  
26,2 km - Lauf

Category:  
Senioren M55 (55-59 Jahre)

Total time: 2:57:13

Speed: 8.80 km/h  
Running performance: 6:46 min/km

Rank in course/Total: 376 (of 492)

Rank in course/Men: 326 (of 415)

Best time in course: 1:38:33

Rank in category: 30(of 47)

Best time in the category: 2:12:40

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	19:38	5:56	22	3:44	247	7:46	3.30	19:38	5:56	9		335	0:02
Schlüsie	3.10	22:59	7:24	31	5:31	335	10:01	6.40	42:37	6:39	9		334	17:47
Hermannsklippe	2.60	21:34	8:17	32	5:47	340	10:03	9.00	1:04:11	7:07	9		334	27:50
Brocken	3.10	32:51	10:35	22	7:44	301	15:01	12.10	1:37:02	8:01	9		334	42:51
Eiserner Handwe	3.60	22:09	6:09	35	7:02	344	10:07	15.70	1:59:11	7:35	9		334	52:58
Schlüsie	4.10	21:04	5:08	31	6:41	331	9:34	19.80	2:20:15	7:05	9		334	1:02:32
Loddenke	3.10	17:41	5:42	38	5:32	356	7:51	22.90	2:37:56	6:53	9		334	1:10:23
Ilseburg/Markt	3.30	19:17	5:50	32	5:23	329	10:45	26.20	2:57:13	6:45	32	44:33	337	1:18:40