



44. Brockenlauf
Ilseburg / 06.09.2014

Detailed evaluation

Kröber, Frank

Club: LG Fastflitzer Osterwald
Number: 457

Course: 26.20 km
26,2 km - Lauf

Category:
Senioren M55 (55-59 Jahre)

Total time: 2:58:42

Speed: 8.73 km/h
Running performance: 6:49 min/km

Rank in course/Total: 381 (of 492)

Rank in course/Men: 329 (of 415)

Best time in course: 1:38:33

Rank in category: 31(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	18:55	5:43	20	3:01	186	7:03	3.30	18:55	5:43	10		96	
Schlüsie	3.10	21:04	6:47	21	3:36	240	8:06	6.40	39:59	6:14	10		337	15:09
Hermannsklippe	2.60	19:47	7:36	24	4:00	274	8:16	9.00	59:46	6:38	10		207	23:25
Brocken	3.10	36:03	11:37	36	10:56	366	18:13	12.10	1:35:49	7:55	10		337	41:38
Eiserner Handwe	3.60	22:28	6:14	36	7:21	353	10:26	15.70	1:58:17	7:32	10		337	52:04
Schlüsie	4.10	21:40	5:17	37	7:17	354	10:10	19.80	2:19:57	7:04	10		337	1:02:14
Loddenke	3.10	19:55	6:25	40	7:46	385	10:05	22.90	2:39:52	6:58	10		337	1:12:19
Ilseburg/Markt	3.30	18:50	5:42	30	4:56	319	10:18	26.20	2:58:42	6:49	33	46:02	340	1:20:09