



44. Brockenlauf
Ilseburg / 06.09.2014

Detailed evaluation

Ilk, Olaf

Club: LG Mauerweg Berlin e.V.
Number: 18

Course: 26.20 km
26,2 km - Lauf

Category:
Senioren M45 (45-49 Jahre)

Total time: 3:00:30

Speed: 8.64 km/h
Running performance: 6:53 min/km

Rank in course/Total: 388 (of 492)

Rank in course/Men: 334 (of 415)

Best time in course: 1:38:33

Rank in category: 83(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	20:30	6:12	78	6:16	293	8:38	3.30	20:30	6:12	40	0:45	218	0:54
Schlüsie	3.10	23:04	7:26	84	7:25	339	10:06	6.40	43:34	6:48	40	2:33	342	18:44
Hermannsklippe	2.60	21:54	8:25	85	8:03	350	10:23	9.00	1:05:28	7:16	40	4:45	342	29:07
Brocken	3.10	35:30	11:27	87	14:10	356	17:40	12.10	1:40:58	8:20	40	8:29	342	46:47
Eiserner Handwe	3.60	22:27	6:14	82	8:27	352	10:25	15.70	2:03:25	7:51	40	11:20	342	57:12
Schlüsie	4.10	21:40	5:17	81	8:18	354	10:10	19.80	2:25:05	7:19	40	13:47	342	1:07:22
Loddenke	3.10	16:42	5:23	76	5:27	315	6:52	22.90	2:41:47	7:03	40	15:06	342	1:14:14
Ilseburg/Markt	3.30	18:43	5:40	80	6:31	314	10:11	26.20	3:00:30	6:53	85	1:02:09	345	1:21:57