



44. Brockenlauf
Ilseburg / 06.09.2014

Detailed evaluation

Seefeld, Christian

Club: TSV Immenrode
Number: 159

Course: 26.20 km
26,2 km - Lauf

Category:
Senioren M40 (40-44 Jahre)

Total time: 3:00:46

Speed: 8.63 km/h
Running performance: 6:54 min/km

Rank in course/Total: 393 (of 492)

Rank in course/Men: 337 (of 415)

Best time in course: 1:38:33

Rank in category: 58(of 67)

Best time in the category: 1:51:23

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men	Total		Total		Total		Pos Cat.	Behind Cat.	Pos Men	Behind Men
								km	Time	min/km	Pos	Behind	Pos				
Loddenke	3.30	22:01	6:40	63	8:18	369	10:09	3.30	22:01	6:40	18	1:31	291	2:25			
Schlüsie	3.10	23:14	7:29	61	8:32	349	10:16	6.40	45:15	7:04	18	4:13	345	20:25			
Hermannsklippe	2.60	22:15	8:33	61	9:30	360	10:44	9.00	1:07:30	7:30	18	8:20	345	31:09			
Brocken	3.10	33:56	10:56	53	13:52	328	16:06	12.10	1:41:26	8:22	18	14:18	345	47:15			
Eiserner Handwe	3.60	22:31	6:15	62	9:08	359	10:29	15.70	2:03:57	7:53	18	16:31	314	57:44			
Schlüsie	4.10	20:47	5:04	56	7:49	322	9:17	19.80	2:24:44	7:18	18	18:13	345	1:07:01			
Loddenke	3.10	16:02	5:10	48	5:16	275	6:12	22.90	2:40:46	7:01	18	18:53	345	1:13:13			
Ilseburg/Markt	3.30	20:00	6:03	57	8:03	349	11:28	26.20	3:00:46	6:53	59	1:09:23	348	1:22:13			