



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 km | Total Time | Total min/km | Pos Cat. | Behind Cat. | Pos Men | Behind Men |
| 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 |