



44. Brockenlauf
Ilseburg / 06.09.2014

Detailed evaluation

Bieder, Michael

Club: Benneckenstein/Harz
Number: 205

Course: 26.20 km
26,2 km - Lauf

Category:
Senioren M40 (40-44 Jahre)

Total time: 3:01:49

Speed: 8.58 km/h
Running performance: 6:56 min/km

Rank in course/Total: 395 (of 492)

Rank in course/Men: 338 (of 415)

Best time in course: 1:38:33

Rank in category: 59(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	21:26	6:29	59	7:43	340	9:34	3.30	21:26	6:29	26	0:56	309	1:50
Schlüsie	3.10	23:05	7:26	59	8:23	342	10:07	6.40	44:31	6:57	26	3:29	340	19:41
Hermannsklippe	2.60	21:39	8:19	58	8:54	343	10:08	9.00	1:06:10	7:21	26	7:00	346	29:49
Brocken	3.10	35:36	11:29	60	15:32	360	17:46	12.10	1:41:46	8:24	26	14:38	346	47:35
Eiserner Handwe	3.60	22:52	6:21	65	9:29	371	10:50	15.70	2:04:38	7:56	26	17:12	346	58:25
Schlüsie	4.10	21:30	5:14	59	8:32	348	10:00	19.80	2:26:08	7:22	26	19:37	346	1:08:25
Loddenke	3.10	17:10	5:32	57	6:24	340	7:20	22.90	2:43:18	7:07	26	21:25	346	1:15:45
Ilseburg/Markt	3.30	18:31	5:36	53	6:34	309	9:59	26.20	3:01:49	6:56	60	1:10:26	349	1:23:16