



44. Brockenlauf
Ilseburg / 06.09.2014

Detailed evaluation

Plump, Gerd

Club: Wardow
Number: 360

Course: 26.20 km
26,2 km - Lauf

Category:
Senioren M45 (45-49 Jahre)

Total time: 3:03:10

Speed: 8.52 km/h
Running performance: 6:59 min/km

Rank in course/Total: 402 (of 492)

Rank in course/Men: 342 (of 415)

Best time in course: 1:38:33

Rank in category: 85(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	19:58	6:03	69	5:44	269	8:06	3.30	19:58	6:03	26	0:13	349	0:22
Schlüsie	3.10	21:28	6:55	71	5:49	272	8:30	6.40	41:26	6:28	26	0:25	293	16:36
Hermannsklippe	2.60	21:39	8:19	83	7:48	343	10:08	9.00	1:03:05	7:00	26	2:22	350	26:44
Brocken	3.10	35:03	11:18	84	13:43	348	17:13	12.10	1:38:08	8:06	26	5:39	350	43:57
Eiserner Handwe	3.60	21:00	5:49	75	7:00	299	8:58	15.70	1:59:08	7:35	26	7:03	350	52:55
Schlüsie	4.10	22:45	5:32	90	9:23	378	11:15	19.80	2:21:53	7:09	26	10:35	341	1:04:10
Loddenke	3.10	20:06	6:29	90	8:51	387	10:16	22.90	2:41:59	7:04	26	15:18	350	1:14:26
Ilseburg/Markt	3.30	21:11	6:25	90	8:59	373	12:39	26.20	3:03:10	6:59	87	1:04:49	353	1:24:37