



44. Brockenlauf  
Ilseburg / 06.09.2014

Detailed evaluation

Senkbeil, Lutz

Number: 1080

Course: 26.20 km  
26,2 km - Lauf

Category:  
Senioren M45 (45-49 Jahre)

Total time: 3:03:11

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

Rank in course/Total: 403 (of 492)

Rank in course/Men: 344 (of 415)

Best time in course: 1:38:33

Rank in category: 86(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	22:00	6:40	89	7:46	367	10:08	3.30	22:00	6:40	37	2:15	315	2:24
Schlüsie	3.10	23:37	7:37	90	7:58	362	10:39	6.40	45:37	7:07	37	4:36	351	20:47
Hermannsklippe	2.60	21:53	8:24	84	8:02	349	10:22	9.00	1:07:30	7:30	37	6:47	345	31:09
Brocken	3.10	33:40	10:51	81	12:20	320	15:50	12.10	1:41:10	8:21	37	8:41	351	46:59
Eiserner Handwe	3.60	22:47	6:19	87	8:47	369	10:45	15.70	2:03:57	7:53	37	11:52	314	57:44
Schlüsie	4.10	20:45	5:03	74	7:23	321	9:15	19.80	2:24:42	7:18	37	13:24	351	1:06:59
Loddenke	3.10	16:57	5:28	80	5:42	330	7:07	22.90	2:41:39	7:03	37	14:58	351	1:14:06
Ilseburg/Markt	3.30	21:32	6:31	91	9:20	376	13:00	26.20	3:03:11	6:59	88	1:04:50	355	1:24:38