



# 44. Brockenlauf

Ilseburg / 06.09.2014

## Detailed evaluation

**Lührs, Sven**

Club: ALLCURA Runners  
Number: 8

Course: 26.20 km  
26,2 km - Lauf

Category:  
Senioren M40 (40-44 Jahre)

Total time: 3:04:49

Speed: 8.44 km/h  
Running performance: 7:03 min/km

Rank in course/Total: 415 (of 492)

Rank in course/Men: 353 (of 415)

Best time in course: 1:38:33

Rank in category: 60(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	20:44	6:16	52	7:01	302	8:52	3.30	20:44	6:16	25	0:14	304	1:08
Schlüsie	3.10	23:00	7:25	58	8:18	336	10:02	6.40	43:44	6:49	25	2:42	360	18:54
Hermannsklippe	2.60	23:09	8:54	63	10:24	376	11:38	9.00	1:06:53	7:25	25	7:43	360	30:32
Brocken	3.10	35:02	11:18	56	14:58	345	17:12	12.10	1:41:55	8:25	25	14:47	360	47:44
Eiserner Handwe	3.60	21:13	5:53	54	7:50	309	9:11	15.70	2:03:08	7:50	25	15:42	360	56:55
Schlüsie	4.10	21:05	5:08	58	8:07	333	9:35	19.80	2:24:13	7:17	25	17:42	360	1:06:30
Loddenke	3.10	19:41	6:20	63	8:55	382	9:51	22.90	2:43:54	7:09	25	22:01	360	1:16:21
Ilseburg/Markt	3.30	20:55	6:20	61	8:58	367	12:23	26.20	3:04:49	7:03	61	1:13:26	364	1:26:16