



44. Brockenlauf
Ilseburg / 06.09.2014

Detailed evaluation

Vahldiek, Frank

Club: Marathon Hildesheim
Number: 367

Course: 26.20 km
26,2 km - Lauf

Category:
Senioren M50 (50-54 Jahre)

Total time: 3:07:35

Speed: 8.32 km/h
Running performance: 7:10 min/km

Rank in course/Total: 428 (of 492)

Rank in course/Men: 360 (of 415)

Best time in course: 1:38:33

Rank in category: 55(of 62)

Best time in the category: 2:03:47

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Stage score		Total		Total min/km	Pos Cat.	Behind Cat.	Total ranking	
						Pos Men	Behind Men	km	Time				Pos Men	Behind Men
Loddenke	3.30	23:04	6:59	62	7:54	400	11:12	3.30	23:04	6:59	25	2:11	368	3:28
Schlüsie	3.10	26:02	8:23	62	9:40	396	13:04	6.40	49:06	7:40	25	6:24	367	24:16
Hermannsklippe	2.60	22:54	8:48	58	8:33	370	11:23	9.00	1:12:00	8:00	25	8:29	367	35:39
Brocken	3.10	34:06	11:00	53	9:56	331	16:16	12.10	1:46:06	8:46	25	9:43	367	51:55
Eiserner Handwe	3.60	21:08	5:52	46	6:18	304	9:06	15.70	2:07:14	8:06	25	9:25	367	1:01:01
Schlüsie	4.10	21:47	5:18	55	7:44	358	10:17	19.80	2:29:01	7:31	25	11:50	367	1:11:18
Loddenke	3.10	19:09	6:10	59	7:20	376	9:19	22.90	2:48:10	7:20	25	15:44	367	1:20:37
Ilseburg/Markt	3.30	19:25	5:53	55	6:45	337	10:53	26.20	3:07:35	7:09	57	1:03:48	371	1:29:02