



44. Brockenlauf  
Ilseburg / 06.09.2014

Detailed evaluation

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Number: 471

Course: 26.20 km  
26,2 km - Lauf

Category:  
Senioren M45 (45-49 Jahre)

Total time: 3:07:56

Speed: 8.30 km/h

Running performance: 7:10 min/km

Rank in course/Total: 429 (of 492)

Rank in course/Men: 361 (of 415)

Best time in course: 1:38:33

Rank in category: 88(of 98)

Best time in the category: 1:58:21

Intermediate times

Stage score

Total ranking

| Control         | Split<br>km | Split<br>Time | Split<br>min/km | Pos<br>Cat. | Behind<br>Cat. | Stage score |               | Total |         | Total<br>min/km | Pos<br>Cat. | Behind<br>Cat. | Total ranking |               |
|-----------------|-------------|---------------|-----------------|-------------|----------------|-------------|---------------|-------|---------|-----------------|-------------|----------------|---------------|---------------|
|                 |             |               |                 |             |                | Pos<br>Men  | Behind<br>Men | km    | Time    |                 |             |                | Pos<br>Men    | Behind<br>Men |
| Loddenke        | 3.30        | 22:50         | 6:55            | 95          | 8:36           | 394         | 10:58         | 3.30  | 22:50   | 6:55            | 35          | 3:05           | 369           | 3:14          |
| Schlüsie        | 3.10        | 23:06         | 7:27            | 86          | 7:27           | 346         | 10:08         | 6.40  | 45:56   | 7:10            | 35          | 4:55           | 368           | 21:06         |
| Hermannsklippe  | 2.60        | 22:13         | 8:32            | 87          | 8:22           | 358         | 10:42         | 9.00  | 1:08:09 | 7:34            | 35          | 7:26           | 368           | 31:48         |
| Brocken         | 3.10        | 33:20         | 10:45           | 79          | 12:00          | 313         | 15:30         | 12.10 | 1:41:29 | 8:23            | 35          | 9:00           | 368           | 47:18         |
| Eiserner Handwe | 3.60        | 23:31         | 6:31            | 91          | 9:31           | 387         | 11:29         | 15.70 | 2:05:00 | 7:57            | 35          | 12:55          | 368           | 58:47         |
| Schlüsie        | 4.10        | 25:12         | 6:08            | 93          | 11:50          | 398         | 13:42         | 19.80 | 2:30:12 | 7:35            | 35          | 18:54          | 368           | 1:12:29       |
| Loddenke        | 3.10        | 18:16         | 5:53            | 88          | 7:01           | 368         | 8:26          | 22.90 | 2:48:28 | 7:21            | 35          | 21:47          | 368           | 1:20:55       |
| Ilseburg/Markt  | 3.30        | 19:28         | 5:53            | 85          | 7:16           | 338         | 10:56         | 26.20 | 3:07:56 | 7:10            | 90          | 1:09:35        | 372           | 1:29:23       |