



44. Brockenlauf  
Ilseburg / 06.09.2014

Detailed evaluation

Kitroschat, Ingo

Club: Börßum  
Number: 17

Course: 26.20 km  
26,2 km - Lauf

Category:  
Senioren M40 (40-44 Jahre)

Total time: 3:09:26

Speed: 8.24 km/h  
Running performance: 7:14 min/km

Rank in course/Total: 434 (of 492)

Rank in course/Men: 365 (of 415)

Best time in course: 1:38:33

Rank in category: 62(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	21:40	6:33	61	7:57	348	9:48	3.30	21:40	6:33	23	1:10	195	2:04
Schlüsie	3.10	23:26	7:33	63	8:44	358	10:28	6.40	45:06	7:02	23	4:04	315	20:16
Hermannsklippe	2.60	22:06	8:30	60	9:21	354	10:35	9.00	1:07:12	7:28	23	8:02	372	30:51
Brocken	3.10	36:55	11:54	64	16:51	376	19:05	12.10	1:44:07	8:36	23	16:59	355	49:56
Eiserner Handwe	3.60	22:29	6:14	60	9:06	354	10:27	15.70	2:06:36	8:03	23	19:10	372	1:00:23
Schlüsie	4.10	22:11	5:24	63	9:13	367	10:41	19.80	2:28:47	7:30	23	22:16	372	1:11:04
Loddenke	3.10	20:35	6:38	64	9:49	389	10:45	22.90	2:49:22	7:23	23	27:29	372	1:21:49
Ilseburg/Markt	3.30	20:04	6:04	58	8:07	351	11:32	26.20	3:09:26	7:13	63	1:18:03	376	1:30:53