



44. Brockenlauf  
Ilseburg / 06.09.2014

Detailed evaluation

Thater, Ralf

Club: LSF Oldenburg  
Number: 106

Course: 26.20 km  
26,2 km - Lauf

Category:  
Senioren M50 (50-54 Jahre)

Total time: 3:09:38

Speed: 8.23 km/h  
Running performance: 7:14 min/km

Rank in course/Total: 435 (of 492)

Rank in course/Men: 366 (of 415)

Best time in course: 1:38:33

Rank in category: 56(of 62)

Best time in the category: 2:03:47

Intermediate times

Stage score

Total ranking

Control	Split		Pos	Behind	Stage score		Pos	Behind	Total		Pos	Behind	Pos	Behind
	km	Time			min/km	Cat.			Men	Men				
Loddenke	3.30	22:53	6:56	61	7:43	396	11:01	3.30	22:53	6:56	26	2:00	307	3:17
Schlüsie	3.10	24:12	7:48	57	7:50	375	11:14	6.40	47:05	7:21	26	4:23	373	22:15
Hermannsklippe	2.60	21:27	8:15	52	7:06	335	9:56	9.00	1:08:32	7:36	26	5:01	373	32:11
Brocken	3.10	39:17	12:40	61	15:07	395	21:27	12.10	1:47:49	8:54	26	11:26	373	53:38
Eiserner Handwe	3.60	22:25	6:13	57	7:35	351	10:23	15.70	2:10:14	8:17	26	12:25	373	1:04:01
Schlüsie	4.10	23:14	5:40	58	9:11	383	11:44	19.80	2:33:28	7:45	26	16:17	373	1:15:45
Loddenke	3.10	17:59	5:48	57	6:10	364	8:09	22.90	2:51:27	7:29	26	19:01	373	1:23:54
Ilseburg/Markt	3.30	18:11	5:30	49	5:31	297	9:39	26.20	3:09:38	7:14	58	1:05:51	377	1:31:05