



44. Brockenlauf Ilseburg / 06.09.2014

Detailed evaluation

Flügel, Andreas

Club: Blankenburg

Number: 428

Course: 26.20 km

26,2 km - Lauf

Category:

Senioren M55 (55-59 Jahre)

Total time: 3:11:10

Speed: 8.16 km/h

Running performance: 7:18 min/km

Rank in course/Total: 437 (of 492)

Rank in course/Men: 368 (of 415)

Best time in course: 1:38:33

Rank in category: 37(of 47)

Best time in the category: 2:12:40

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	23:25	7:05	42	7:31	401	11:33	3.30	23:25	7:05	16	1:04	376	3:49
Schlüsse	3.10	26:18	8:29	43	8:50	399	13:20	6.40	49:43	7:46	16	3:02	375	24:53
Hermannsklippe	2.60	23:14	8:56	37	7:27	378	11:43	9.00	1:12:57	8:06	16	3:48	375	36:36
Brocken	3.10	35:37	11:29	35	10:30	361	17:47	12.10	1:48:34	8:58	16	1:18	375	54:23
Eiserner Handwe	3.60	21:11	5:53	27	6:04	307	9:09	15.70	2:09:45	8:15	16	0:43	375	1:03:32
Schlüsse	4.10	20:09	4:54	25	5:46	293	8:39	19.80	2:29:54	7:34	16		375	1:12:11
Loddenke	3.10	17:57	5:47	39	5:48	363	8:07	22.90	2:47:51	7:19	16	0:22	375	1:20:18
Ilseburg/Markt	3.30	23:19	7:03	43	9:25	390	14:47	26.20	3:11:10	7:17	39	58:30	379	1:32:37