



44. Brockenlauf  
Ilseburg / 06.09.2014

Detailed evaluation

Machinek, Horst

Club: Maschseesharks  
Number: 358

Course: 26.20 km  
26,2 km - Lauf

Category:  
Senioren M55 (55-59 Jahre)

Total time: 3:13:00

Speed: 8.08 km/h  
Running performance: 7:22 min/km

Rank in course/Total: 442 (of 492)

Rank in course/Men: 371 (of 415)

Best time in course: 1:38:33

Rank in category: 38(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	21:50	6:36	37	5:56	357	9:58	3.30	21:50	6:36	17		380	2:14
Schlüsie	3.10	24:40	7:57	39	7:12	383	11:42	6.40	46:30	7:15	17		379	21:40
Hermannsklippe	2.60	23:43	9:07	39	7:56	389	12:12	9.00	1:10:13	7:48	17	1:04	379	33:52
Brocken	3.10	39:44	12:49	42	14:37	398	21:54	12.10	1:49:57	9:05	17	2:41	379	55:46
Eiserner Handwe	3.60	24:06	6:41	41	8:59	392	12:04	15.70	2:14:03	8:32	17	5:01	379	1:07:50
Schlüsie	4.10	22:15	5:25	39	7:52	371	10:45	19.80	2:36:18	7:53	17	6:02	379	1:18:35
Loddenke	3.10	17:23	5:36	35	5:14	348	7:33	22.90	2:53:41	7:35	17	6:12	379	1:26:08
Ilseburg/Markt	3.30	19:19	5:51	33	5:25	331	10:47	26.20	3:13:00	7:21	40	1:00:20	382	1:34:27