



44. Brockenlauf
Ilseburg / 06.09.2014

Detailed evaluation

Reising, Marcel

Club: Erst laufen dann saufen
Number: 1087

Course: 26.20 km
26,2 km - Lauf

Category:
Senioren M45 (45-49 Jahre)

Total time: 3:35:40

Speed: 7.23 km/h
Running performance: 8:14 min/km

Rank in course/Total: 476 (of 492)

Rank in course/Men: 392 (of 415)

Best time in course: 1:38:33

Rank in category: 91(of 98)

Best time in the category: 1:58:21

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Stage score		Total			Total ranking		Pos Men	Behind Men
						Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.		
Loddenke	3.30	23:55	7:14	97	9:41	406	12:03	3.30	23:55	7:14	32	4:10	401	4:19
Schlüsie	3.10	26:23	8:30	92	10:44	401	13:25	6.40	50:18	7:51	32	9:17	400	25:28
Hermannsklippe	2.60	26:39	10:14	94	12:48	406	15:08	9.00	1:16:57	8:33	32	16:14	400	40:36
Brocken	3.10	37:52	12:12	92	16:32	389	20:02	12.10	1:54:49	9:29	32	22:20	400	1:00:38
Eiserner Handwe	3.60	25:58	7:12	94	11:58	403	13:56	15.70	2:20:47	8:58	32	28:42	400	1:14:34
Schlüsie	4.10	27:47	6:46	96	14:25	409	16:17	19.80	2:48:34	8:30	32	37:16	400	1:30:51
Loddenke	3.10	23:33	7:35	97	12:18	413	13:43	22.90	3:12:07	8:23	32	45:26	400	1:44:34
Ilseburg/Markt	3.30	23:33	7:08	92	11:21	392	15:01	26.20	3:35:40	8:13	93	1:37:19	403	1:57:07