



44. Brockenlauf
Ilseburg / 06.09.2014

Detailed evaluation

Lämmerhirt, Torsten

Club: DAV Inselsberg
Number: 419

Course: 26.20 km
26,2 km - Lauf

Category:
Senioren M45 (45-49 Jahre)

Total time: 3:42:58

Speed: 7.00 km/h
Running performance: 8:31 min/km

Rank in course/Total: 484 (of 492)

Rank in course/Men: 397 (of 415)

Best time in course: 1:38:33

Rank in category: 92(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 min/km	Pos Cat.	Behind Cat.	Total ranking	
						Pos Men	Behind Men	km	Time				Pos Men	Behind Men
Loddenke	3.30	21:45	6:35	85	7:31	353	9:53	3.30	21:45	6:35	31	2:00	285	2:09
Schlüsie	3.10	27:47	8:57	94	12:08	405	14:49	6.40	49:32	7:44	31	8:31	405	24:42
Hermannsklippe	2.60	27:29	10:34	96	13:38	410	15:58	9.00	1:17:01	8:33	31	16:18	405	40:40
Brocken	3.10	44:12	14:15	95	22:52	412	26:22	12.10	2:01:13	10:01	31	28:44	405	1:07:02
Eiserner Handwe	3.60	29:53	8:18	97	15:53	412	17:51	15.70	2:31:06	9:37	31	39:01	405	1:24:53
Schlüsie	4.10	25:51	6:18	94	12:29	400	14:21	19.80	2:56:57	8:56	31	45:39	405	1:39:14
Loddenke	3.10	21:08	6:49	93	9:53	398	11:18	22.90	3:18:05	8:38	31	51:24	405	1:50:32
Ilseburg/Markt	3.30	24:53	7:32	95	12:41	404	16:21	26.20	3:42:58	8:30	94	1:44:37	408	2:04:25