



44. Brockenlauf
Ilseburg / 06.09.2014

Detailed evaluation

Ryll, Emil

Club: Volkslauf Hettstedt
Number: 293

Course: 26.20 km
26,2 km - Lauf

Category:
Senioren M70 (70-74 Jahre)

Total time: 3:43:00

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

Rank in course/Total: 485 (of 492)

Rank in course/Men: 398 (of 415)

Best time in course: 1:38:33

Rank in category: 5(of 5)

Best time in the category: 2:44:08

Intermediate times

Stage score

Total ranking

Control	Split		Pos	Behind	Pos		Total	Total	Total	Pos	Behind	Pos	Behind	
	km	Time			min/km	Cat.								Cat.
Loddenke	3.30	25:56	7:51	5	6:11	413	14:04	3.30	25:56	7:51	5	6:11	407	6:20
Schlüsie	3.10	30:49	9:56	5	9:18	411	17:51	6.40	56:45	8:52	5	15:29	406	31:55
Hermannsklippe	2.60	29:35	11:22	5	10:00	413	18:04	9.00	1:26:20	9:35	5	25:29	406	49:59
Brocken	3.10	43:14	13:56	5	12:01	410	25:24	12.10	2:09:34	10:42	5	37:30	406	1:15:23
Eiserner Handwe	3.60	23:05	6:24	4	3:49	377	11:03	15.70	2:32:39	9:43	5	41:19	406	1:26:26
Schlüsie	4.10	24:59	6:05	4	6:35	396	13:29	19.80	2:57:38	8:58	5	47:52	406	1:39:55
Loddenke	3.10	21:47	7:01	4	5:57	403	11:57	22.90	3:19:25	8:42	5	53:37	406	1:51:52
Ilseburg/Markt	3.30	23:35	7:08	4	5:50	393	15:03	26.20	3:43:00	8:30	5	58:52	409	2:04:27