



44. Brockenlauf
Ilseburg / 06.09.2014

Detailed evaluation

Fischer, Christian

Club: Bad Suderode OT QLB
Number: 460

Course: 26.20 km
26,2 km - Lauf

Category:
Senioren M45 (45-49 Jahre)

Total time: 3:47:25

Speed: 6.91 km/h
Running performance: 8:41 min/km

Rank in course/Total: 488 (of 492)

Rank in course/Men: 401 (of 415)

Best time in course: 1:38:33

Rank in category: 95(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.	Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men
Loddenke	3.30	30:09	9:08	98	15:55	415	18:17	3.30	30:09	9:08	28	10:24	410	10:33
Schlüsie	3.10	47:16	15:14	97	31:37	414	34:18	6.40	1:17:25	12:05	28	36:24	409	52:35
Hermannsklippe	2.60	22:15	8:33	88	8:24	360	10:44	9.00	1:39:40	11:04	28	38:57	409	1:03:19
Brocken	3.10	36:43	11:50	90	15:23	372	18:53	12.10	2:16:23	11:16	28	43:54	409	1:22:12
Eiserner Handwe	3.60	23:50	6:37	93	9:50	390	11:48	15.70	2:40:13	10:12	28	48:08	409	1:34:00
Schlüsie	4.10	22:41	5:31	89	9:19	377	11:11	19.80	3:02:54	9:14	28	51:36	409	1:45:11
Loddenke	3.10	20:18	6:32	91	9:03	388	10:28	22.90	3:23:12	8:52	28	56:31	409	1:55:39
Ilseburg/Markt	3.30	24:13	7:20	94	12:01	401	15:41	26.20	3:47:25	8:40	97	1:49:04	412	2:08:52