



44. Brockenlauf  
Ilseburg / 06.09.2014

Detailed evaluation

Fähsing, Ralf

Club: Rennsteiglaufverein  
Number: 162

Course: 26.20 km  
26,2 km - Lauf

Category:  
Senioren M60 (60-64 Jahre)

Total time: 4:02:16

Speed: 6.44 km/h  
Running performance: 9:15 min/km

Rank in course/Total: 491 (of 492)

Rank in course/Men: 403 (of 415)

Best time in course: 1:38:33

Rank in category: 24(of 24)

Best time in the category: 2:19:43

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	23:55	7:14	24	7:29	406	12:03	3.30	23:55	7:14	2	1:54	401	4:19
Schlüsie	3.10	30:51	9:57	24	12:31	413	17:53	6.40	54:46	8:33	2	10:34	411	29:56
Hermannsklippe	2.60	28:29	10:57	24	11:59	412	16:58	9.00	1:23:15	9:15	2	18:31	411	46:54
Brocken	3.10	43:36	14:03	24	16:03	411	25:46	12.10	2:06:51	10:29	2	31:34	411	1:12:40
Eiserner Handwe	3.60	33:25	9:16	24	16:30	414	21:23	15.70	2:40:16	10:12	2	43:33	411	1:34:03
Schlüsie	4.10	30:31	7:26	24	14:11	414	19:01	19.80	3:10:47	9:38	2	54:14	411	1:53:04
Loddenke	3.10	14:42	4:44	8	1:30	176	4:52	22.90	3:25:29	8:58	2	53:11	410	1:57:56
Ilseburg/Markt	3.30	36:47	11:08	24	28:15	414	28:15	26.20	4:02:16	9:14	24	1:42:33	414	2:23:43