



44. Brockenlauf
Ilseburg / 06.09.2014

Detailed evaluation

Moll, Olaf

Club: MTV Vorsfelde Marathon
Number: 340

Course: 26.20 km
26,2 km - Lauf

Category:
Senioren M50 (50-54 Jahre)

Total time: 2:24:31

Speed: 10.79 km/h
Running performance: 5:31 min/km

Rank in course/Total: 103 (of 492)

Rank in course/Men: 100 (of 415)

Best time in course: 1:38:33

Rank in category: 12(of 62)

Best time in the category: 2:03:47

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	18:41	5:39	23	3:31	168	6:49	3.30	18:41	5:39	31		413	
Schlüsie	3.10	19:06	6:09	16	2:44	116	6:08	6.40	37:47	5:54	31		412	12:57
Hermannsklippe	2.60	17:10	6:36	14	2:49	110	5:39	9.00	54:57	6:06	31		115	18:36
Brocken	3.10	27:51	8:59	13	3:41	113	10:01	12.10	1:22:48	6:50	31		412	28:37
Eiserner Handwe	3.60	17:34	4:52	13	2:44	124	5:32	15.70	1:40:22	6:23	31		412	34:09
Schlüsie	4.10	16:28	4:00	11	2:25	97	4:58	19.80	1:56:50	5:54	31		412	39:07
Loddenke	3.10	13:08	4:14	7	1:19	65	3:18	22.90	2:09:58	5:40	31		103	42:25
Ilseburg/Markt	3.30	14:33	4:24	10	1:53	64	6:01	26.20	2:24:31	5:30	12	20:44	100	45:58