



44. Brockenlauf
Ilsenburg / 06.09.2014

Detailed evaluation

Reinecke, Frank

Club: Brockenlaufverein Ilsenburg
Number: 402

Course: 26.20 km
26,2 km - Lauf

Category:
Senioren M40 (40-44 Jahre)

Total time: 1:52:58

Speed: 13.81 km/h
Running performance: 4:19 min/km

Rank in course/Total: 5 (of 492)

Rank in course/Men: 5 (of 415)

Best time in course: 1:38:33

Rank in category: 3(of 67)

Best time in the category: 1:51:23

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	13:43	4:09	1	-	3	1:51	3.30	13:43	4:09	50		4	
Schlüsie	3.10	15:14	4:54	2	0:32	4	2:16	6.40	28:57	4:31	50		5	4:07
Hermannsklippe	2.60	13:31	5:11	3	0:46	7	2:00	9.00	42:28	4:43	50		5	6:07
Brocken	3.10	21:09	6:49	3	1:05	6	3:19	12.10	1:03:37	5:15	50		5	9:26
Eiserner Handwe	3.60	13:34	3:46	3	0:11	8	1:32	15.70	1:17:11	4:54	50		5	10:58
Schlüsie	4.10	13:03	3:10	3	0:05	8	1:33	19.80	1:30:14	4:33	50		5	12:31
Loddenke	3.10	10:46	3:28	1	-	3	0:56	22.90	1:41:00	4:24	50		5	13:27
Ilsenburg/Markt	3.30	11:58	3:37	2	0:01	6	3:26	26.20	1:52:58	4:18	3	1:35	5	14:25