



44. Brockenlauf
Ilseburg / 06.09.2014

Detailed evaluation

Hedderich, Thomas

Club: Hüttenröder Skiverein
Number: 389

Course: 26.20 km
26,2 km - Lauf

Category:
Senioren M30 (30-34 Jahre)

Total time: 2:03:29

Speed: 12.63 km/h
Running performance: 4:43 min/km

Rank in course/Total: 15 (of 492)

Rank in course/Men: 15 (of 415)

Best time in course: 1:38:33

Rank in category: 3(of 36)

Best time in the category: 1:53:17

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	14:26	4:22	3	0:06	16	2:34	3.30	14:26	4:22	21		11	
Schlüsie	3.10	16:13	5:13	3	0:17	16	3:15	6.40	30:39	4:47	21		15	5:49
Hermannsklippe	2.60	14:26	5:33	3	0:57	17	2:55	9.00	45:05	5:00	21		15	8:44
Brocken	3.10	23:20	7:31	5	2:05	21	5:30	12.10	1:08:25	5:39	21		15	14:14
Eiserner Handwe	3.60	15:16	4:14	7	2:04	30	3:14	15.70	1:23:41	5:19	21		15	17:28
Schlüsie	4.10	14:10	3:27	5	1:28	19	2:40	19.80	1:37:51	4:56	21		15	20:08
Loddenke	3.10	12:00	3:52	4	1:36	17	2:10	22.90	1:49:51	4:47	21		15	22:18
Ilseburg/Markt	3.30	13:38	4:07	4	2:13	32	5:06	26.20	2:03:29	4:42	3	10:12	15	24:56