



44. Brockenlauf
Ilseburg / 06.09.2014

Detailed evaluation

Knopp, Matthias

Club: ASC Marathon Friedberg
Number: 440

Course: 26.20 km
26,2 km - Lauf

Category:
Senioren M40 (40-44 Jahre)

Total time: 2:05:52

Speed: 12.39 km/h
Running performance: 4:48 min/km

Rank in course/Total: 24 (of 492)

Rank in course/Men: 23 (of 415)

Best time in course: 1:38:33

Rank in category: 4(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	15:59	4:50	7	2:16	43	4:07	3.30	15:59	4:50	49		23	
Schlüsie	3.10	16:48	5:25	5	2:06	31	3:50	6.40	32:47	5:07	49		23	7:57
Hermannsklippe	2.60	14:34	5:36	4	1:49	20	3:03	9.00	47:21	5:15	49		23	11:00
Brocken	3.10	24:36	7:56	6	4:32	38	6:46	12.10	1:11:57	5:56	49		23	17:46
Eiserner Handwe	3.60	15:09	4:12	5	1:46	28	3:07	15.70	1:27:06	5:32	49		23	20:53
Schlüsie	4.10	14:01	3:25	4	1:03	17	2:31	19.80	1:41:07	5:06	49		23	23:24
Loddenke	3.10	12:05	3:53	4	1:19	20	2:15	22.90	1:53:12	4:56	49		23	25:39
Ilseburg/Markt	3.30	12:40	3:50	4	0:43	12	4:08	26.20	2:05:52	4:48	4	14:29	23	27:19