



44. Brockenlauf Ilseburg / 06.09.2014

Detailed evaluation

Kappe, Karsten

Club: TSG Bad Harzburg / LG Harz
Number: 423

Course: 26.20 km
26,2 km - Lauf

Category:
Senioren M40 (40-44 Jahre)

Total time: 2:07:13

Speed: 12.36 km/h
Running performance: 4:52 min/km

Rank in course/Total: 25 (of 492)

Rank in course/Men: 24 (of 415)

Best time in course: 1:38:33

Rank in category: 5(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	15:21	4:39	6	1:38	30	3:29	3.30	15:21	4:39	48		25	
Schlüsle	3.10	17:01	5:29	6	2:19	34	4:03	6.40	32:22	5:03	48		24	7:32
Hermannsklippe	2.60	15:16	5:52	6	2:31	38	3:45	9.00	47:38	5:17	48		24	11:17
Brocken	3.10	23:17	7:30	5	3:13	18	5:27	12.10	1:10:55	5:51	48		24	16:44
Eiserner Handwe	3.60	14:48	4:06	4	1:25	16	2:46	15.70	1:25:43	5:27	48		24	19:30
Schlüsle	4.10	15:26	3:45	7	2:28	45	3:56	19.80	1:41:09	5:06	48		24	23:26
Loddenke	3.10	12:28	4:01	8	1:42	38	2:38	22.90	1:53:37	4:57	48		24	26:04
Ilseburg/Markt	3.30	13:36	4:07	6	1:39	29	5:04	26.20	2:07:13	4:51	5	15:50	24	28:40