



44. Brockenlauf  
Ilseburg / 06.09.2014

Detailed evaluation

Ungrad, Jan

Club: Team Clopay  
Number: 239

Course: 26.20 km  
26,2 km - Lauf

Category:  
Männer (20-29 Jahre)

Total time: 2:10:49

Speed: 11.93 km/h  
Running performance: 4:59 min/km

Rank in course/Total: 35 (of 492)

Rank in course/Men: 34 (of 415)

Best time in course: 1:38:33

Rank in category: 9(of 33)

Best time in the category: 1:38:33

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	16:40	5:03	16	4:48	70	4:48	3.30	16:40	5:03	26		35	
Schlüsie	3.10	16:59	5:28	10	4:01	33	4:01	6.40	33:39	5:15	26		34	8:49
Hermannsklippe	2.60	14:42	5:39	9	3:11	21	3:11	9.00	48:21	5:22	26		34	12:00
Brocken	3.10	23:25	7:33	8	5:35	22	5:35	12.10	1:11:46	5:55	26		34	17:35
Eiserner Handwe	3.60	16:20	4:32	12	4:18	62	4:18	15.70	1:28:06	5:36	26		34	21:53
Schlüsie	4.10	16:11	3:56	14	4:41	80	4:41	19.80	1:44:17	5:16	26		34	26:34
Loddenke	3.10	12:40	4:05	9	2:50	44	2:50	22.90	1:56:57	5:06	26		34	29:24
Ilseburg/Markt	3.30	13:52	4:12	8	2:52	37	5:20	26.20	2:10:49	4:59	9	32:16	34	32:16