



44. Brockenlauf
Ilseburg / 06.09.2014

Detailed evaluation

Thies, Raphael

Club: Göttingen
Number: 236

Course: 26.20 km
26,2 km - Lauf

Category:
Senioren M35 (35-39 Jahre)

Total time: 2:12:37

Speed: 11.76 km/h
Running performance: 5:04 min/km

Rank in course/Total: 41 (of 492)

Rank in course/Men: 40 (of 415)

Best time in course: 1:38:33

Rank in category: 3(of 36)

Best time in the category: 1:58:41

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	14:57	4:31	3	0:37	22	3:05	3.30	14:57	4:31	21		41	
Schlüsie	3.10	16:37	5:21	3	0:39	27	3:39	6.40	31:34	4:55	21		40	6:44
Hermannsklippe	2.60	14:44	5:39	2	0:42	23	3:13	9.00	46:18	5:08	21		40	9:57
Brocken	3.10	23:47	7:40	4	2:16	26	5:57	12.10	1:10:05	5:47	21		40	15:54
Eiserner Handwe	3.60	15:38	4:20	3	1:02	35	3:36	15.70	1:25:43	5:27	21		24	19:30
Schlüsie	4.10	16:37	4:03	9	2:38	103	5:07	19.80	1:42:20	5:10	21		40	24:37
Loddenke	3.10	14:23	4:38	15	2:50	152	4:33	22.90	1:56:43	5:05	21		40	29:10
Ilseburg/Markt	3.30	15:54	4:49	12	3:12	154	7:22	26.20	2:12:37	5:03	3	13:56	40	34:04