



44. Brockenlauf
Ilseburg / 06.09.2014

Detailed evaluation

Schäfer, Jan

Club: TUS Griesheim
Number: 14

Course: 26.20 km
26,2 km - Lauf

Category:
Männer (20-29 Jahre)

Total time: 2:13:14

Speed: 11.71 km/h
Running performance: 5:05 min/km

Rank in course/Total: 45 (of 492)

Rank in course/Men: 44 (of 415)

Best time in course: 1:38:33

Rank in category: 13(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	16:32	5:00	15	4:40	65	4:40	3.30	16:32	5:00	22		45	
Schlüsie	3.10	18:00	5:48	13	5:02	56	5:02	6.40	34:32	5:23	22		44	9:42
Hermannsklippe	2.60	15:53	6:06	13	4:22	51	4:22	9.00	50:25	5:36	22		44	14:04
Brocken	3.10	26:00	8:23	14	8:10	61	8:10	12.10	1:16:25	6:18	22		44	22:14
Eiserner Handwe	3.60	14:54	4:08	7	2:52	21	2:52	15.70	1:31:19	5:48	22		44	25:06
Schlüsie	4.10	15:03	3:40	8	3:33	35	3:33	19.80	1:46:22	5:22	22		44	28:39
Loddenke	3.10	12:41	4:05	10	2:51	45	2:51	22.90	1:59:03	5:11	22		44	31:30
Ilseburg/Markt	3.30	14:11	4:17	9	3:11	48	5:39	26.20	2:13:14	5:05	13	34:41	44	34:41