



44. Brockenlauf
Ilseburg / 06.09.2014

Detailed evaluation

Faghir Afghani, Aschkan

Club: Hamburg
Number: 49

Course: 26.20 km
26,2 km - Lauf

Category:
Senioren M35 (35-39 Jahre)

Total time: 2:17:42

Speed: 11.33 km/h
Running performance: 5:16 min/km

Rank in course/Total: 61 (of 492)

Rank in course/Men: 59 (of 415)

Best time in course: 1:38:33

Rank in category: 5(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	16:41	5:03	7	2:21	72	4:49	3.30	16:41	5:03	23		59	
Schlüsie	3.10	18:19	5:54	8	2:21	73	5:21	6.40	35:00	5:28	23		59	10:10
Hermannsklippe	2.60	16:08	6:12	8	2:06	57	4:37	9.00	51:08	5:40	23		59	14:47
Brocken	3.10	26:32	8:33	9	5:01	73	8:42	12.10	1:17:40	6:25	23		59	23:29
Eiserner Handwe	3.60	16:05	4:28	7	1:29	53	4:03	15.70	1:33:45	5:58	23		59	27:32
Schlüsie	4.10	15:59	3:53	4	2:00	65	4:29	19.80	1:49:44	5:32	23		59	32:01
Loddenke	3.10	13:07	4:13	5	1:34	63	3:17	22.90	2:02:51	5:21	23		59	35:18
Ilseburg/Markt	3.30	14:51	4:30	6	2:09	85	6:19	26.20	2:17:42	5:15	5	19:01	59	39:09