



44. Brockenlauf
Ilseburg / 06.09.2014

Detailed evaluation

Focke, Kai

Club: Hildesheim
Number: 459

Course: 26.20 km
26,2 km - Lauf

Category:
Senioren M35 (35-39 Jahre)

Total time: 2:19:17

Speed: 11.20 km/h
Running performance: 5:19 min/km

Rank in course/Total: 70 (of 492)

Rank in course/Men: 67 (of 415)

Best time in course: 1:38:33

Rank in category: 7(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	17:39	5:20	9	3:19	113	5:47	3.30	17:39	5:20	24		65	
Schlüsie	3.10	17:53	5:46	7	1:55	53	4:55	6.40	35:32	5:33	25		67	10:42
Hermannsklippe	2.60	15:55	6:07	7	1:53	53	4:24	9.00	51:27	5:43	25		67	15:06
Brocken	3.10	25:35	8:15	8	4:04	53	7:45	12.10	1:17:02	6:21	25		58	22:51
Eiserner Handwe	3.60	16:35	4:36	8	1:59	72	4:33	15.70	1:33:37	5:57	25		67	27:24
Schlüsie	4.10	16:18	3:58	7	2:19	86	4:48	19.80	1:49:55	5:33	25		67	32:12
Loddenke	3.10	13:27	4:20	6	1:54	84	3:37	22.90	2:03:22	5:23	25		67	35:49
Ilseburg/Markt	3.30	15:55	4:49	14	3:13	157	7:23	26.20	2:19:17	5:18	7	20:36	67	40:44