



44. Brockenlauf

Ilseburg / 06.09.2014

Detailed evaluation

Elshout, Wim

Club: AV Veteranen Nederland
Number: 476

Course: 26.20 km
26,2 km - Lauf

Category:
Senioren M60 (60-64 Jahre)

Total time: 2:19:43

Speed: 11.17 km/h
Running performance: 5:20 min/km

Rank in course/Total: 74 (of 492)

Rank in course/Men: 71 (of 415)

Best time in course: 1:38:33

Rank in category: 1(of 24)

Best time in the category: 2:19:43

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	16:26	4:58	1	-	59	4:34	3.30	16:26	4:58	13	-	72	-
Schlüsie	3.10	18:20	5:54	1	-	74	5:22	6.40	34:46	5:25	13	-	71	9:56
Hermannsklippe	2.60	16:30	6:20	1	-	73	4:59	9.00	51:16	5:41	13	-	71	14:55
Brocken	3.10	27:33	8:53	1	-	100	9:43	12.10	1:18:49	6:30	13	-	71	24:38
Eiserner Handwe	3.60	17:01	4:43	3	0:06	95	4:59	15.70	1:35:50	6:06	13	-	71	29:37
Schlüsie	4.10	16:25	4:00	2	0:05	96	4:55	19.80	1:52:15	5:40	13	-	71	34:32
Loddenke	3.10	13:12	4:15	1	-	71	3:22	22.90	2:05:27	5:28	13	-	71	37:54
Ilseburg/Markt	3.30	14:16	4:19	2	5:44	52	5:44	26.20	2:19:43	5:19	1	-	71	41:10