



44. Brockenlauf  
Ilseburg / 06.09.2014

Detailed evaluation

Zensen, Rainer

Club: Düsseldorf  
Number: 464

Course: 26.20 km  
26,2 km - Lauf

Category:  
Senioren M45 (45-49 Jahre)

Total time: 2:21:14

Speed: 11.05 km/h  
Running performance: 5:23 min/km

Rank in course/Total: 83 (of 492)

Rank in course/Men: 80 (of 415)

Best time in course: 1:38:33

Rank in category: 23(of 98)

Best time in the category: 1:58:21

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	15:46	4:46	9	1:32	36	3:54	3.30	15:46	4:46	52		81	
Schlüsie	3.10	18:01	5:48	15	2:22	58	5:03	6.40	33:47	5:16	52		80	8:57
Hermannsklippe	2.60	16:36	6:23	21	2:45	81	5:05	9.00	50:23	5:35	52		80	14:02
Brocken	3.10	29:07	9:23	35	7:47	155	11:17	12.10	1:19:30	6:34	52		80	25:19
Eiserner Handwe	3.60	16:53	4:41	25	2:53	87	4:51	15.70	1:36:23	6:08	52		80	30:10
Schlüsie	4.10	16:20	3:59	23	2:58	89	4:50	19.80	1:52:43	5:41	52		80	35:00
Loddenke	3.10	13:22	4:18	19	2:07	81	3:32	22.90	2:06:05	5:30	52		80	38:32
Ilseburg/Markt	3.30	15:09	4:35	27	2:57	108	6:37	26.20	2:21:14	5:23	23	22:53	80	42:41