



44. Brockenlauf
Ilseburg / 06.09.2014

Detailed evaluation

Sommer, Dennis

Club: Rommersberger Bergziegen
Number: 115

Course: 26.20 km
26,2 km - Lauf

Category:
Senioren M40 (40-44 Jahre)

Total time: 2:22:59

Speed: 10.91 km/h
Running performance: 5:28 min/km

Rank in course/Total: 93 (of 492)

Rank in course/Men: 90 (of 415)

Best time in course: 1:38:33

Rank in category: 15(of 67)

Best time in the category: 1:51:23

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	17:09	5:11	16	3:26	86	5:17	3.30	17:09	5:11	38		91	
Schlüsie	3.10	18:05	5:49	10	3:23	61	5:07	6.40	35:14	5:30	38		62	10:24
Hermannsklippe	2.60	16:29	6:20	10	3:44	72	4:58	9.00	51:43	5:44	38		90	15:22
Brocken	3.10	27:53	8:59	20	7:49	115	10:03	12.10	1:19:36	6:34	38		90	25:25
Eiserner Handwe	3.60	17:11	4:46	18	3:48	104	5:09	15.70	1:36:47	6:09	38		90	30:34
Schlüsie	4.10	17:05	4:10	26	4:07	130	5:35	19.80	1:53:52	5:45	38		90	36:09
Loddenke	3.10	13:51	4:28	19	3:05	104	4:01	22.90	2:07:43	5:34	38		90	40:10
Ilseburg/Markt	3.30	15:16	4:37	21	3:19	112	6:44	26.20	2:22:59	5:27	15	31:36	90	44:26