



44. Brockenlauf
Ilseburg / 06.09.2014

Detailed evaluation

Haskamp, Clemens

Club: VfL Kloster Oesede
Number: 388

Course: 26.20 km
26,2 km - Lauf

Category:
Senioren M55 (55-59 Jahre)

Total time: 2:23:28

Speed: 10.87 km/h
Running performance: 5:29 min/km

Rank in course/Total: 95 (of 492)

Rank in course/Men: 92 (of 415)

Best time in course: 1:38:33

Rank in category: 7(of 47)

Best time in the category: 2:12:40

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	18:43	5:40	14	2:49	170	6:51	3.30	18:43	5:40	31		93	
Schlüsie	3.10	19:36	6:19	11	2:08	146	6:38	6.40	38:19	5:59	31		92	13:29
Hermannsklippe	2.60	17:37	6:46	10	1:50	133	6:06	9.00	55:56	6:12	31		92	19:35
Brocken	3.10	27:57	9:00	11	2:50	117	10:07	12.10	1:23:53	6:55	31		92	29:42
Eiserner Handwe	3.60	16:41	4:38	6	1:34	75	4:39	15.70	1:40:34	6:24	31		92	34:21
Schlüsie	4.10	16:01	3:54	6	1:38	67	4:31	19.80	1:56:35	5:53	31		92	38:52
Loddenke	3.10	12:48	4:07	4	0:39	52	2:58	22.90	2:09:23	5:38	31		92	41:50
Ilseburg/Markt	3.30	14:05	4:16	4	0:11	43	5:33	26.20	2:23:28	5:28	7	10:48	92	44:55