



44. Brockenlauf

Ilseburg / 06.09.2014

Detailed evaluation

Derksen, Marcel

Club: AV Veluwe
Number: 40

Course: 26.20 km
26,2 km - Lauf

Category:
Senioren M45 (45-49 Jahre)

Total time: 2:23:55

Speed: 10.84 km/h
Running performance: 5:29 min/km

Rank in course/Total: 97 (of 492)

Rank in course/Men: 94 (of 415)

Best time in course: 1:38:33

Rank in category: 24(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	17:37	5:20	25	3:23	105	5:45	3.30	17:37	5:20	51		85	
Schlüsie	3.10	19:13	6:11	30	3:34	124	6:15	6.40	36:50	5:45	51		94	12:00
Hermannsklippe	2.60	17:22	6:40	29	3:31	119	5:51	9.00	54:12	6:01	51		94	17:51
Brocken	3.10	29:56	9:39	44	8:36	185	12:06	12.10	1:24:08	6:57	51		94	29:57
Eiserner Handwe	3.60	16:05	4:28	14	2:05	53	4:03	15.70	1:40:13	6:22	51		94	34:00
Schlüsie	4.10	15:57	3:53	18	2:35	64	4:27	19.80	1:56:10	5:52	51		88	38:27
Loddenke	3.10	13:13	4:15	17	1:58	74	3:23	22.90	2:09:23	5:38	51		92	41:50
Ilseburg/Markt	3.30	14:32	4:24	14	2:20	63	6:00	26.20	2:23:55	5:29	24	25:34	94	45:22