



44. Brockenlauf

Ilseburg / 06.09.2014

Detailed evaluation

Brendel, Dennis

Club: Laufen gegen Leiden
Number: 315

Course: 26.20 km
26,2 km - Lauf

Category:
Senioren M40 (40-44 Jahre)

Total time: 2:24:08

Speed: 10.82 km/h
Running performance: 5:30 min/km

Rank in course/Total: 100 (of 492)

Rank in course/Men: 97 (of 415)

Best time in course: 1:38:33

Rank in category: 18(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	19:10	5:48	38	5:27	213	7:18	3.30	19:10	5:48	44		98	
Schlüsie	3.10	19:07	6:10	19	4:25	117	6:09	6.40	38:17	5:58	44		97	13:27
Hermannsklippe	2.60	16:15	6:15	9	3:30	61	4:44	9.00	54:32	6:03	44		97	18:11
Brocken	3.10	26:04	8:24	9	6:00	62	8:14	12.10	1:20:36	6:39	44		97	26:25
Eiserner Handwe	3.60	17:39	4:54	24	4:16	133	5:37	15.70	1:38:15	6:15	44		97	32:02
Schlüsie	4.10	17:39	4:18	30	4:41	163	6:09	19.80	1:55:54	5:51	44		97	38:11
Loddenke	3.10	13:52	4:28	21	3:06	106	4:02	22.90	2:09:46	5:40	44		97	42:13
Ilseburg/Markt	3.30	14:22	4:21	11	2:25	57	5:50	26.20	2:24:08	5:30	18	32:45	97	45:35