



44. Brockenlauf
Ilseburg / 06.09.2014

Detailed evaluation

Aschenbrenner, Jörg

Club: Eintracht Frankfurt e.V.
Number: 185

Course: 26.20 km
26,2 km - Lauf

Category:
Senioren M35 (35-39 Jahre)

Total time: 2:25:10

Speed: 10.75 km/h
Running performance: 5:32 min/km

Rank in course/Total: 111 (of 492)

Rank in course/Men: 106 (of 415)

Best time in course: 1:38:33

Rank in category: 11(of 36)

Best time in the category: 1:58:41

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	17:39	5:20	9	3:19	113	5:47	3.30	17:39	5:20	24		65	
Schlüsie	3.10	18:37	6:00	10	2:39	86	5:39	6.40	36:16	5:39	29		102	11:26
Hermannsklippe	2.60	17:15	6:38	11	3:13	112	5:44	9.00	53:31	5:56	29		102	17:10
Brocken	3.10	28:14	9:06	12	6:43	127	10:24	12.10	1:21:45	6:45	29		102	27:34
Eiserner Handwe	3.60	17:29	4:51	11	2:53	121	5:27	15.70	1:39:14	6:19	29		102	33:01
Schlüsie	4.10	17:04	4:09	11	3:05	129	5:34	19.80	1:56:18	5:52	29		102	38:35
Loddenke	3.10	13:47	4:26	9	2:14	98	3:57	22.90	2:10:05	5:40	29		102	42:32
Ilseburg/Markt	3.30	15:05	4:34	7	2:23	99	6:33	26.20	2:25:10	5:32	11	26:29	107	46:37