



44. Brockenlauf
Ilsenburg / 06.09.2014

Detailed evaluation

Dittmann, Helmut

Club: Brockenlaufverein Ilsenburg
Number: 321

Course: 26.20 km
26,2 km - Lauf

Category:
Senioren M60 (60-64 Jahre)

Total time: 2:28:45

Speed: 10.49 km/h
Running performance: 5:41 min/km

Rank in course/Total: 135 (of 492)

Rank in course/Men: 124 (of 415)

Best time in course: 1:38:33

Rank in category: 4(of 24)

Best time in the category: 2:19:43

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	17:47	5:23	3	1:21	122	5:55	3.30	17:47	5:23	22		127	
Schlüsie	3.10	19:28	6:16	2	1:08	133	6:30	6.40	37:15	5:49	22		54	12:25
Hermannsklippe	2.60	17:35	6:45	3	1:05	132	6:04	9.00	54:50	6:05	22		126	18:29
Brocken	3.10	28:25	9:09	3	0:52	132	10:35	12.10	1:23:15	6:52	22		126	29:04
Eiserner Handwe	3.60	17:52	4:57	4	0:57	144	5:50	15.70	1:41:07	6:26	22		126	34:54
Schlüsie	4.10	17:11	4:11	4	0:51	134	5:41	19.80	1:58:18	5:58	22		126	40:35
Loddenke	3.10	14:20	4:37	5	1:08	150	4:30	22.90	2:12:38	5:47	22		126	45:05
Ilsenburg/Markt	3.30	16:07	4:53	6	7:35	173	7:35	26.20	2:28:45	5:40	4	9:02	129	50:12