



44. Brockenlauf
Ilseburg / 06.09.2014

Detailed evaluation

Clemens, Horst

Club: LC Paderborn
Number: 1092

Course: 26.20 km
26,2 km - Lauf

Category:
Senioren M75 (75 und älter)

Total time: 2:29:52

Speed: 10.41 km/h
Running performance: 5:43 min/km

Rank in course/Total: 143 (of 492)

Rank in course/Men: 132 (of 415)

Best time in course: 1:38:33

Rank in category: 1(of 1)

Best time in the category: 2:29:52

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	18:42	5:40	1	-	169	6:50	3.30	18:42	5:40	1	-	135	
Schlüsie	3.10	21:15	6:51	1	-	257	8:17	6.40	39:57	6:14	1	-	134	15:07
Hermannsklippe	2.60	18:41	7:11	1	-	207	7:10	9.00	58:38	6:30	1	-	134	22:17
Brocken	3.10	29:05	9:22	1	-	152	11:15	12.10	1:27:43	7:14	1	-	134	33:32
Eiserner Handwe	3.60	16:30	4:34	1	-	68	4:28	15.70	1:44:13	6:38	1	-	134	38:00
Schlüsie	4.10	15:48	3:51	1	-	59	4:18	19.80	2:00:01	6:03	1	-	134	42:18
Loddenke	3.10	13:59	4:30	1	-	118	4:09	22.90	2:14:00	5:51	1	-	134	46:27
Ilseburg/Markt	3.30	15:52	4:48	1	-	153	7:20	26.20	2:29:52	5:43	1	-	137	51:19