



44. Brockenlauf
Ilseburg / 06.09.2014

Detailed evaluation

Riemenschneider, Lars

Club: Darlingerode
Number: 418

Course: 26.20 km
26,2 km - Lauf

Category:
Männer (20-29 Jahre)

Total time: 2:31:34

Speed: 10.29 km/h
Running performance: 5:47 min/km

Rank in course/Total: 152 (of 492)

Rank in course/Men: 141 (of 415)

Best time in course: 1:38:33

Rank in category: 21(of 33)

Best time in the category: 1:38:33

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	18:55	5:43	24	7:03	186	7:03	3.30	18:55	5:43	5		96	
Schlüsie	3.10	19:10	6:10	20	6:12	121	6:12	6.40	38:05	5:57	5		143	13:15
Hermannsklippe	2.60	17:15	6:38	17	5:44	112	5:44	9.00	55:20	6:08	5		143	18:59
Brocken	3.10	31:23	10:07	26	13:33	249	13:33	12.10	1:26:43	7:10	5		143	32:32
Eiserner Handwe	3.60	17:38	4:53	19	5:36	131	5:36	15.70	1:44:21	6:38	5		143	38:08
Schlüsie	4.10	17:27	4:15	19	5:57	149	5:57	19.80	2:01:48	6:09	5		143	44:05
Loddenke	3.10	14:14	4:35	18	4:24	139	4:24	22.90	2:16:02	5:56	5		143	48:29
Ilseburg/Markt	3.30	15:32	4:42	17	4:32	127	7:00	26.20	2:31:34	5:47	21	53:01	146	53:01