



44. Brockenlauf
Ilseburg / 06.09.2014

Detailed evaluation

Jacob, Heiko

Club: Maschseesharks
Number: 137

Course: 26.20 km
26,2 km - Lauf

Category:
Senioren M40 (40-44 Jahre)

Total time: 2:32:15

Speed: 10.25 km/h
Running performance: 5:49 min/km

Rank in course/Total: 158 (of 492)

Rank in course/Men: 146 (of 415)

Best time in course: 1:38:33

Rank in category: 26(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	17:59	5:26	25	4:16	126	6:07	3.30	17:59	5:26	60		117	
Schlüsie	3.10	20:27	6:35	35	5:45	196	7:29	6.40	38:26	6:00	60		148	13:36
Hermannsklippe	2.60	18:59	7:18	41	6:14	225	7:28	9.00	57:25	6:22	60		148	21:04
Brocken	3.10	31:08	10:02	42	11:04	242	13:18	12.10	1:28:33	7:19	60	1:25	148	34:22
Eiserner Handwe	3.60	16:34	4:36	10	3:11	71	4:32	15.70	1:45:07	6:41	60		148	38:54
Schlüsie	4.10	16:09	3:56	13	3:11	75	4:39	19.80	2:01:16	6:07	60		148	43:33
Loddenke	3.10	14:19	4:37	27	3:33	148	4:29	22.90	2:15:35	5:55	60		148	48:02
Ilseburg/Markt	3.30	16:40	5:03	37	4:43	214	8:08	26.20	2:32:15	5:48	26	40:52	151	53:42