



44. Brockenlauf
Ilseburg / 06.09.2014

Detailed evaluation

Jensen, Ib

Club: Kolding
Number: 10

Course: 26.20 km
26,2 km - Lauf

Category:
Senioren M55 (55-59 Jahre)

Total time: 2:32:59

Speed: 10.20 km/h
Running performance: 5:50 min/km

Rank in course/Total: 166 (of 492)

Rank in course/Men: 153 (of 415)

Best time in course: 1:38:33

Rank in category: 15(of 47)

Best time in the category: 2:12:40

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	18:49	5:42	15	2:55	175	6:57	3.30	18:49	5:42	39		156	
Schlüsie	3.10	21:28	6:55	23	4:00	272	8:30	6.40	40:17	6:17	39		155	15:27
Hermannsklippe	2.60	19:06	7:20	19	3:19	234	7:35	9.00	59:23	6:35	39		155	23:02
Brocken	3.10	29:38	9:33	15	4:31	175	11:48	12.10	1:29:01	7:21	39		155	34:50
Eiserner Handwe	3.60	16:59	4:43	7	1:52	94	4:57	15.70	1:46:00	6:45	39		155	39:47
Schlüsie	4.10	17:17	4:12	13	2:54	141	5:47	19.80	2:03:17	6:13	39		155	45:34
Loddenke	3.10	14:01	4:31	12	1:52	121	4:11	22.90	2:17:18	5:59	39		155	49:45
Ilseburg/Markt	3.30	15:41	4:45	12	1:47	141	7:09	26.20	2:32:59	5:50	15	20:19	158	54:26