



44. Brockenlauf
Ilseburg / 06.09.2014

Detailed evaluation

Zipper, Wolfgang

Club: Langenhagen
Number: 180

Course: 26.20 km
26,2 km - Lauf

Category:
Senioren M45 (45-49 Jahre)

Total time: 2:33:09

Speed: 10.19 km/h
Running performance: 5:51 min/km

Rank in course/Total: 169 (of 492)

Rank in course/Men: 156 (of 415)

Best time in course: 1:38:33

Rank in category: 36(of 98)

Best time in the category: 1:58:21

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	45	4:35	175	6:57	3.30	18:49	5:42	75		156	
Schlüsie	3.10	19:41	6:20	36	4:02	153	6:43	6.40	38:30	6:00	74		158	13:40
Hermannsklippe	2.60	18:34	7:08	49	4:43	197	7:03	9.00	57:04	6:20	74		158	20:43
Brocken	3.10	31:00	10:00	56	9:40	235	13:10	12.10	1:28:04	7:16	74		158	33:53
Eiserner Handwe	3.60	17:28	4:51	31	3:28	120	5:26	15.70	1:45:32	6:43	74		145	39:19
Schlüsie	4.10	16:42	4:04	27	3:20	107	5:12	19.80	2:02:14	6:10	74		158	44:31
Loddenke	3.10	14:29	4:40	37	3:14	158	4:39	22.90	2:16:43	5:58	74		158	49:10
Ilseburg/Markt	3.30	16:26	4:58	49	4:14	194	7:54	26.20	2:33:09	5:50	38	34:48	161	54:36