



44. Brockenlauf
Ilseburg / 06.09.2014

Detailed evaluation

Denkers, Jan Phillip

Club: Hamburg
Number: 134

Course: 26.20 km
26,2 km - Lauf

Category:
Senioren M30 (30-34 Jahre)

Total time: 2:33:35

Speed: 10.16 km/h
Running performance: 5:52 min/km

Rank in course/Total: 174 (of 492)

Rank in course/Men: 160 (of 415)

Best time in course: 1:38:33

Rank in category: 18(of 36)

Best time in the category: 1:53:17

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	19:01	5:45	19	4:41	195	7:09	3.30	19:01	5:45	33		162	
Schlüsie	3.10	19:39	6:20	18	3:43	151	6:41	6.40	38:40	6:02	33		153	13:50
Hermannsklippe	2.60	17:51	6:51	18	4:22	147	6:20	9.00	56:31	6:16	33		161	20:10
Brocken	3.10	28:11	9:05	15	6:56	124	10:21	12.10	1:24:42	7:00	33		161	30:31
Eiserner Handwe	3.60	18:31	5:08	20	5:19	183	6:29	15.70	1:43:13	6:34	18		153	37:00
Schlüsie	4.10	18:00	4:23	21	5:18	181	6:30	19.80	2:01:13	6:07	33		161	43:30
Loddenke	3.10	14:30	4:40	15	4:06	160	4:40	22.90	2:15:43	5:55	33		161	48:10
Ilseburg/Markt	3.30	17:52	5:24	25	6:27	281	9:20	26.20	2:33:35	5:51	18	40:18	166	55:02