



44. Brockenlauf
Ilseburg / 06.09.2014

Detailed evaluation

Heinrich, Jan

Club: Gommern
Number: 503

Course: 26.20 km
26,2 km - Lauf

Category:
Senioren M30 (30-34 Jahre)

Total time: 2:33:32

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

Rank in course/Total: 172 (of 492)

Rank in course/Men: 159 (of 415)

Best time in course: 1:38:33

Rank in category: 17(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	17:25	5:16	12	3:05	92	5:33	3.30	17:25	5:16	35		164	
Schlüsie	3.10	19:26	6:16	16	3:30	130	6:28	6.40	36:51	5:45	35		163	12:01
Hermannsklippe	2.60	18:25	7:05	21	4:56	186	6:54	9.00	55:16	6:08	34		162	18:55
Brocken	3.10	30:28	9:49	26	9:13	212	12:38	12.10	1:25:44	7:05	34		162	31:33
Eiserner Handwe	3.60	18:24	5:06	18	5:12	176	6:22	15.70	1:44:08	6:37	34		162	37:55
Schlüsie	4.10	16:49	4:06	14	4:07	111	5:19	19.80	2:00:57	6:06	34		162	43:14
Loddenke	3.10	15:33	5:00	23	5:09	240	5:43	22.90	2:16:30	5:57	34		144	48:57
Ilseburg/Markt	3.30	17:02	5:09	21	5:37	231	8:30	26.20	2:33:32	5:51	16	40:15	164	54:59