



44. Brockenlauf
Ilseburg / 06.09.2014

Detailed evaluation

Losse, Hendrik

Club: Stiege
Number: 329

Course: 26.20 km
26,2 km - Lauf

Category:
Senioren M45 (45-49 Jahre)

Total time: 2:34:14

Speed: 10.11 km/h
Running performance: 5:53 min/km

Rank in course/Total: 181 (of 492)

Rank in course/Men: 165 (of 415)

Best time in course: 1:38:33

Rank in category: 38(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	19:14	5:49	53	5:00	216	7:22	3.30	19:14	5:49	22		168	
Schlüsie	3.10	19:21	6:14	32	3:42	126	6:23	6.40	38:35	6:01	84		167	13:45
Hermannsklippe	2.60	17:04	6:33	27	3:13	102	5:33	9.00	55:39	6:11	84		167	19:18
Brocken	3.10	30:09	9:43	47	8:49	196	12:19	12.10	1:25:48	7:05	84		167	31:37
Eiserner Handwe	3.60	18:44	5:12	48	4:44	191	6:42	15.70	1:44:32	6:39	84		167	38:19
Schlüsie	4.10	18:14	4:26	51	4:52	204	6:44	19.80	2:02:46	6:12	84		167	45:03
Loddenke	3.10	14:40	4:43	42	3:25	173	4:50	22.90	2:17:26	6:00	84		167	49:53
Ilseburg/Markt	3.30	16:48	5:05	56	4:36	222	8:16	26.20	2:34:14	5:53	40	35:53	171	55:41