



44. Brockenlauf

Ilseburg / 06.09.2014

Detailed evaluation

Franzke, Jan

Club: TG Wehlheiden Kassel
Number: 130

Course: 26.20 km
26,2 km - Lauf

Category:
Senioren M45 (45-49 Jahre)

Total time: 2:34:28

Speed: 10.10 km/h
Running performance: 5:54 min/km

Rank in course/Total: 183 (of 492)

Rank in course/Men: 167 (of 415)

Best time in course: 1:38:33

Rank in category: 40(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	18:07	5:29	33	3:53	140	6:15	3.30	18:07	5:29	83		170	
Schlüsie	3.10	20:37	6:39	52	4:58	210	7:39	6.40	38:44	6:03	82		169	13:54
Hermannsklippe	2.60	19:06	7:20	58	5:15	234	7:35	9.00	57:50	6:25	82		169	21:29
Brocken	3.10	30:46	9:55	54	9:26	224	12:56	12.10	1:28:36	7:19	82		169	34:25
Eiserner Handwe	3.60	17:41	4:54	32	3:41	134	5:39	15.70	1:46:17	6:46	82		169	40:04
Schlüsie	4.10	17:36	4:17	36	4:14	156	6:06	19.80	2:03:53	6:15	82		169	46:10
Loddenke	3.10	14:36	4:42	39	3:21	169	4:46	22.90	2:18:29	6:02	82		169	50:56
Ilseburg/Markt	3.30	15:59	4:50	40	3:47	164	7:27	26.20	2:34:28	5:53	42	36:07	173	55:55