



44. Brockenlauf
Ilseburg / 06.09.2014

Detailed evaluation

Braemer, Lars

Club: TV Jahn Walsrode
Number: 400

Course: 26.20 km
26,2 km - Lauf

Category:
Senioren M40 (40-44 Jahre)

Total time: 2:35:32

Speed: 10.03 km/h
Running performance: 5:56 min/km

Rank in course/Total: 193 (of 492)

Rank in course/Men: 175 (of 415)

Best time in course: 1:38:33

Rank in category: 31(of 67)

Best time in the category: 1:51:23

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	18:02	5:27	26	4:19	133	6:10	3.30	18:02	5:27	65		180	
Schlüsie	3.10	20:26	6:35	34	5:44	193	7:28	6.40	38:28	6:00	65		138	13:38
Hermannsklippe	2.60	18:36	7:09	38	5:51	198	7:05	9.00	57:04	6:20	65		158	20:43
Brocken	3.10	30:31	9:50	36	10:27	215	12:41	12.10	1:27:35	7:14	65	0:27	179	33:24
Eiserner Handwe	3.60	19:20	5:22	39	5:57	225	7:18	15.70	1:46:55	6:48	65		179	40:42
Schlüsie	4.10	18:13	4:26	39	5:15	202	6:43	19.80	2:05:08	6:19	65		179	47:25
Loddenke	3.10	14:28	4:40	28	3:42	155	4:38	22.90	2:19:36	6:05	65		179	52:03
Ilseburg/Markt	3.30	15:56	4:49	32	3:59	160	7:24	26.20	2:35:32	5:56	31	44:09	182	56:59