



# 44. Brockenlauf

Ilseburg / 06.09.2014

## Detailed evaluation

**Bethke, Jörn**

Club: Brockenlaufverein Ilseburg  
Number: 258

Course: 26.20 km  
26,2 km - Lauf

Category:  
Senioren M40 (40-44 Jahre)

Total time: 2:35:54

Speed: 10.01 km/h  
Running performance: 5:57 min/km

Rank in course/Total: 196 (of 492)

Rank in course/Men: 177 (of 415)

Best time in course: 1:38:33

Rank in category: 32(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	19:56	6:02	46	6:13	265	8:04	3.30	19:56	6:02	66		182	0:20
Schlüsie	3.10	21:10	6:49	46	6:28	248	8:12	6.40	41:06	6:25	66	0:04	181	16:16
Hermannsklippe	2.60	18:56	7:16	40	6:11	222	7:25	9.00	1:00:02	6:40	66	0:52	181	23:41
Brocken	3.10	30:13	9:44	34	10:09	200	12:23	12.10	1:30:15	7:27	13	3:07	181	36:04
Eiserner Handwe	3.60	18:12	5:03	30	4:49	166	6:10	15.70	1:48:27	6:54	66	1:01	181	42:14
Schlüsie	4.10	16:58	4:08	21	4:00	120	5:28	19.80	2:05:25	6:20	66		181	47:42
Loddenke	3.10	14:35	4:42	31	3:49	165	4:45	22.90	2:20:00	6:06	66		181	52:27
Ilseburg/Markt	3.30	15:54	4:49	31	3:57	154	7:22	26.20	2:35:54	5:57	32	44:31	184	57:21