



44. Brockenlauf
Ilseburg / 06.09.2014

Detailed evaluation

Kajüter, Burkhard

Club: Emsbüren
Number: 100

Course: 26.20 km
26,2 km - Lauf

Category:
Senioren M45 (45-49 Jahre)

Total time: 2:35:56

Speed: 10.00 km/h
Running performance: 5:57 min/km

Rank in course/Total: 197 (of 492)

Rank in course/Men: 178 (of 415)

Best time in course: 1:38:33

Rank in category: 42(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	17:29	5:17	24	3:15	97	5:37	3.30	17:29	5:17	81		88	
Schlüsie	3.10	22:00	7:05	75	6:21	298	9:02	6.40	39:29	6:10	18		182	14:39
Hermannsklippe	2.60	20:33	7:54	76	6:42	307	9:02	9.00	1:00:02	6:40	48		181	23:41
Brocken	3.10	29:36	9:32	41	8:16	173	11:46	12.10	1:29:38	7:24	80		182	35:27
Eiserner Handwe	3.60	17:41	4:54	32	3:41	134	5:39	15.70	1:47:19	6:50	80		182	41:06
Schlüsie	4.10	18:09	4:25	45	4:47	195	6:39	19.80	2:05:28	6:20	80		173	47:45
Loddenke	3.10	14:47	4:46	45	3:32	186	4:57	22.90	2:20:15	6:07	80		182	52:42
Ilseburg/Markt	3.30	15:41	4:45	35	3:29	141	7:09	26.20	2:35:56	5:57	44	37:35	185	57:23