



44. Brockenlauf
Ilseburg / 06.09.2014

Detailed evaluation

Kanzog, Holger

Club: Lübeck
Number: 97

Course: 26.20 km
26,2 km - Lauf

Category:
Senioren M45 (45-49 Jahre)

Total time: 2:36:17

Speed: 9.98 km/h
Running performance: 5:58 min/km

Rank in course/Total: 200 (of 492)

Rank in course/Men: 181 (of 415)

Best time in course: 1:38:33

Rank in category: 45(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	19:40	5:57	66	5:26	250	7:48	3.30	19:40	5:57	78		186	0:04
Schlüsie	3.10	20:22	6:34	47	4:43	187	7:24	6.40	40:02	6:15	77		185	15:12
Hermannsklippe	2.60	18:30	7:06	47	4:39	194	6:59	9.00	58:32	6:30	77		185	22:11
Brocken	3.10	30:37	9:52	53	9:17	221	12:47	12.10	1:29:09	7:22	77		185	34:58
Eiserner Handwe	3.60	18:48	5:13	49	4:48	195	6:46	15.70	1:47:57	6:52	77		170	41:44
Schlüsie	4.10	18:49	4:35	56	5:27	232	7:19	19.80	2:06:46	6:24	77		185	49:03
Loddenke	3.10	14:36	4:42	39	3:21	169	4:46	22.90	2:21:22	6:10	76		185	53:49
Ilseburg/Markt	3.30	14:55	4:31	21	2:43	87	6:23	26.20	2:36:17	5:57	47	37:56	188	57:44