



44. Brockenlauf
Ilseburg / 06.09.2014

Detailed evaluation

Böker, Karl-Heinz

Club: Hardegsen
Number: 276

Course: 26.20 km
26,2 km - Lauf

Category:
Senioren M50 (50-54 Jahre)

Total time: 2:36:27

Speed: 9.97 km/h
Running performance: 5:58 min/km

Rank in course/Total: 201 (of 492)

Rank in course/Men: 182 (of 415)

Best time in course: 1:38:33

Rank in category: 26(of 62)

Best time in the category: 2:03:47

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	19:03	5:46	29	3:53	197	7:11	3.30	19:03	5:46	58		169	
Schlüsie	3.10	19:44	6:21	19	3:22	156	6:46	6.40	38:47	6:03	58		186	13:57
Hermannsklippe	2.60	17:47	6:50	20	3:26	142	6:16	9.00	56:34	6:17	58		168	20:13
Brocken	3.10	31:00	10:00	36	6:50	235	13:10	12.10	1:27:34	7:14	58		186	33:23
Eiserner Handwe	3.60	19:08	5:18	34	4:18	216	7:06	15.70	1:46:42	6:47	58		186	40:29
Schlüsie	4.10	18:04	4:24	29	4:01	187	6:34	19.80	2:04:46	6:18	58		186	47:03
Loddenke	3.10	15:05	4:51	34	3:16	210	5:15	22.90	2:19:51	6:06	58		186	52:18
Ilseburg/Markt	3.30	16:36	5:01	34	3:56	210	8:04	26.20	2:36:27	5:58	28	32:40	189	57:54