



44. Brockenlauf
Ilseburg / 06.09.2014

Detailed evaluation

Samp, Alexander

Club: Whiskey Running Team
Number: 27

Course: 26.20 km
26,2 km - Lauf

Category:
Senioren M35 (35-39 Jahre)

Total time: 2:36:45

Speed: 9.95 km/h
Running performance: 5:59 min/km

Rank in course/Total: 204 (of 492)

Rank in course/Men: 185 (of 415)

Best time in course: 1:38:33

Rank in category: 19(of 36)

Best time in the category: 1:58:41

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	19:05	5:46	19	4:45	201	7:13	3.30	19:05	5:46	10		190	
Schlüsie	3.10	20:57	6:45	22	4:59	230	7:59	6.40	40:02	6:15	10		185	15:12
Hermannsklippe	2.60	19:58	7:40	26	5:56	281	8:27	9.00	1:00:00	6:40	10		189	23:39
Brocken	3.10	30:52	9:57	24	9:21	229	13:02	12.10	1:30:52	7:30	10		189	36:41
Eiserner Handwe	3.60	17:42	4:54	13	3:06	137	5:40	15.70	1:48:34	6:54	10		189	42:21
Schlüsie	4.10	18:05	4:24	17	4:06	190	6:35	19.80	2:06:39	6:23	10		189	48:56
Loddenke	3.10	14:19	4:37	14	2:46	148	4:29	22.90	2:20:58	6:09	10		189	53:25
Ilseburg/Markt	3.30	15:47	4:46	11	3:05	150	7:15	26.20	2:36:45	5:58	19	38:04	192	58:12