



44. Brockenlauf
Ilseburg / 06.09.2014

Detailed evaluation

Hansen, Rainer

Club: MTV Kronberg
Number: 468

Course: 26.20 km
26,2 km - Lauf

Category:
Senioren M60 (60-64 Jahre)

Total time: 2:37:29

Speed: 9.91 km/h
Running performance: 6:01 min/km

Rank in course/Total: 210 (of 492)

Rank in course/Men: 191 (of 415)

Best time in course: 1:38:33

Rank in category: 5(of 24)

Best time in the category: 2:19:43

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	19:14	5:49	5	2:48	216	7:22	3.30	19:14	5:49	21		168	
Schlüsie	3.10	20:53	6:44	6	2:33	226	7:55	6.40	40:07	6:16	21		195	15:17
Hermannsklippe	2.60	18:52	7:15	6	2:22	216	7:21	9.00	58:59	6:33	21		195	22:38
Brocken	3.10	30:05	9:42	5	2:32	193	12:15	12.10	1:29:04	7:21	21		195	34:53
Eiserner Handwe	3.60	18:46	5:12	7	1:51	192	6:44	15.70	1:47:50	6:52	21		195	41:37
Schlüsie	4.10	18:20	4:28	7	2:00	207	6:50	19.80	2:06:10	6:22	21		195	48:27
Loddenke	3.10	14:48	4:46	9	1:36	189	4:58	22.90	2:20:58	6:09	21		189	53:25
Ilseburg/Markt	3.30	16:31	5:00	9	7:59	205	7:59	26.20	2:37:29	6:00	5	17:46	198	58:56