



44. Brockenlauf
Ilseburg / 06.09.2014

Detailed evaluation

Laparose, Jens

Club: Round Table 62 Hameln
Number: 133

Course: 26.20 km
26,2 km - Lauf

Category:
Senioren M35 (35-39 Jahre)

Total time: 2:38:52

Speed: 9.82 km/h
Running performance: 6:04 min/km

Rank in course/Total: 227 (of 492)

Rank in course/Men: 206 (of 415)

Best time in course: 1:38:33

Rank in category: 20(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	18:48	5:41	18	4:28	173	6:56	3.30	18:48	5:41	2		211	
Schlüsie	3.10	20:14	6:31	19	4:16	181	7:16	6.40	39:02	6:05	2		210	14:12
Hermannsklippe	2.60	18:46	7:13	22	4:44	211	7:15	9.00	57:48	6:25	2		141	21:27
Brocken	3.10	30:36	9:52	21	9:05	219	12:46	12.10	1:28:24	7:18	2		166	34:13
Eiserner Handwe	3.60	18:02	5:00	15	3:26	153	6:00	15.70	1:46:26	6:46	2		210	40:13
Schlüsie	4.10	17:30	4:16	13	3:31	152	6:00	19.80	2:03:56	6:15	2		210	46:13
Loddenke	3.10	15:50	5:06	23	4:17	263	6:00	22.90	2:19:46	6:06	2		210	52:13
Ilseburg/Markt	3.30	19:06	5:47	28	6:24	326	10:34	26.20	2:38:52	6:03	20	40:11	213	1:00:19