



44. Brockenlauf
Ilseburg / 06.09.2014

Detailed evaluation

Hohlstamm, Stefan

Club: WASPO 08 Göttingen
Number: 172

Course: 26.20 km
26,2 km - Lauf

Category:
Senioren M30 (30-34 Jahre)

Total time: 2:39:10

Speed: 9.80 km/h
Running performance: 6:05 min/km

Rank in course/Total: 230 (of 492)

Rank in course/Men: 209 (of 415)

Best time in course: 1:38:33

Rank in category: 22(of 36)

Best time in the category: 1:53:17

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Stage score		Total			Pos Cat.	Behind Cat.	Total ranking	
						Pos Men	Behind Men	Total km	Total Time	Total min/km			Pos Men	Behind Men
Loddenke	3.30	19:46	5:59	24	5:26	256	7:54	3.30	19:46	5:59	4		214	0:10
Schlüsie	3.10	21:23	6:53	28	5:27	269	8:25	6.40	41:09	6:25	4		213	16:19
Hermannsklippe	2.60	19:10	7:22	25	5:41	241	7:39	9.00	1:00:19	6:42	4		213	23:58
Brocken	3.10	29:45	9:35	22	8:30	180	11:55	12.10	1:30:04	7:26	4		213	35:53
Eiserner Handwe	3.60	18:38	5:10	21	5:26	188	6:36	15.70	1:48:42	6:55	4		213	42:29
Schlüsie	4.10	17:47	4:20	18	5:05	169	6:17	19.80	2:06:29	6:23	4		213	48:46
Loddenke	3.10	15:16	4:55	19	4:52	224	5:26	22.90	2:21:45	6:11	4		213	54:12
Ilseburg/Markt	3.30	17:25	5:16	23	6:00	255	8:53	26.20	2:39:10	6:04	23	45:53	216	1:00:37