



44. Brockenlauf
Ilseburg / 06.09.2014

Detailed evaluation

Hofeditz, Lars

Club: TV Marienhagen
Number: 157

Course: 26.20 km
26,2 km - Lauf

Category:
Senioren M40 (40-44 Jahre)

Total time: 2:39:33

Speed: 9.78 km/h
Running performance: 6:05 min/km

Rank in course/Total: 235 (of 492)

Rank in course/Men: 213 (of 415)

Best time in course: 1:38:33

Rank in category: 42(of 67)

Best time in the category: 1:51:23

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	20:30	6:12	50	6:47	293	8:38	3.30	20:30	6:12	1	-	218	0:54
Schlüsie	3.10	20:32	6:37	40	5:50	202	7:34	6.40	41:02	6:24	1	-	217	16:12
Hermannsklippe	2.60	18:08	6:58	32	5:23	163	6:37	9.00	59:10	6:34	1	-	217	22:49
Brocken	3.10	27:58	9:01	21	7:54	118	10:08	12.10	1:27:08	7:12	1	-	217	32:57
Eiserner Handwe	3.60	20:18	5:38	47	6:55	271	8:16	15.70	1:47:26	6:50	1	-	217	41:13
Schlüsie	4.10	19:05	4:39	46	6:07	241	7:35	19.80	2:06:31	6:23	1	-	217	48:48
Loddenke	3.10	15:22	4:57	43	4:36	230	5:32	22.90	2:21:53	6:11	1	-	217	54:20
Ilseburg/Markt	3.30	17:40	5:21	47	5:43	269	9:08	26.20	2:39:33	6:05	42	48:10	220	1:01:00