



44. Brockenlauf  
Ilseburg / 06.09.2014

Detailed evaluation

Hansmann, Holger

Club: Heartracer  
Number: 1097

Course: 26.20 km  
26,2 km - Lauf

Category:  
Senioren M45 (45-49 Jahre)

Total time: 2:40:42

Speed: 9.71 km/h  
Running performance: 6:08 min/km

Rank in course/Total: 244 (of 492)

Rank in course/Men: 220 (of 415)

Best time in course: 1:38:33

Rank in category: 53(of 98)

Best time in the category: 1:58:21

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	19:34	5:55	60	5:20	241	7:42	3.30	19:34	5:55	21		227	
Schlüsie	3.10	20:24	6:34	49	4:45	190	7:26	6.40	39:58	6:14	21		226	15:08
Hermannsklippe	2.60	18:15	7:01	43	4:24	175	6:44	9.00	58:13	6:28	14		226	21:52
Brocken	3.10	29:24	9:29	37	8:04	163	11:34	12.10	1:27:37	7:14	21		226	33:26
Eiserner Handwe	3.60	20:14	5:37	65	6:14	269	8:12	15.70	1:47:51	6:52	21		226	41:38
Schlüsie	4.10	19:51	4:50	69	6:29	285	8:21	19.80	2:07:42	6:26	21		226	49:59
Loddenke	3.10	15:38	5:02	64	4:23	250	5:48	22.90	2:23:20	6:15	21		226	55:47
Ilseburg/Markt	3.30	17:22	5:15	65	5:10	251	8:50	26.20	2:40:42	6:08	55	42:21	229	1:02:09