



44. Brockenlauf
Ilseburg / 06.09.2014

Detailed evaluation

Kemnah, Michael

Club: Pulvis-Fitness
Number: 1098

Course: 26.20 km
26,2 km - Lauf

Category:
Senioren M50 (50-54 Jahre)

Total time: 2:44:42

Speed: 9.47 km/h
Running performance: 6:17 min/km

Rank in course/Total: 272 (of 492)

Rank in course/Men: 242 (of 415)

Best time in course: 1:38:33

Rank in category: 35(of 62)

Best time in the category: 2:03:47

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	19:57	6:02	43	4:47	267	8:05	3.30	19:57	6:02	5		250	0:21
Schlüsie	3.10	21:14	6:50	35	4:52	255	8:16	6.40	41:11	6:26	5		249	16:21
Hermannsklippe	2.60	20:42	7:57	47	6:21	313	9:11	9.00	1:01:53	6:52	5		249	25:32
Brocken	3.10	33:17	10:44	50	9:07	309	15:27	12.10	1:35:10	7:51	5		249	40:59
Eiserner Handwe	3.60	18:02	5:00	23	3:12	153	6:00	15.70	1:53:12	7:12	5		249	46:59
Schlüsie	4.10	20:04	4:53	46	6:01	292	8:34	19.80	2:13:16	6:43	5		249	55:33
Loddenke	3.10	15:45	5:04	41	3:56	256	5:55	22.90	2:29:01	6:30	5		249	1:01:28
Ilseburg/Markt	3.30	15:41	4:45	21	3:01	141	7:09	26.20	2:44:42	6:17	37	40:55	252	1:06:09