



44. Brockenlauf
Ilseburg / 06.09.2014

Detailed evaluation

Fahrenhorst, Cord

Club: Hannover
Number: 67

Course: 26.20 km
26,2 km - Lauf

Category:
Senioren M50 (50-54 Jahre)

Total time: 2:46:39

Speed: 9.43 km/h
Running performance: 6:22 min/km

Rank in course/Total: 291 (of 492)

Rank in course/Men: 256 (of 415)

Best time in course: 1:38:33

Rank in category: 39(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	19:15	5:50	37	4:05	219	7:23	3.30	19:15	5:50	10		266	
Schlüsie	3.10	21:35	6:57	41	5:13	282	8:37	6.40	40:50	6:22	10		265	16:00
Hermannsklippe	2.60	20:58	8:03	50	6:37	324	9:27	9.00	1:01:48	6:51	10		265	25:27
Brocken	3.10	32:59	10:38	48	8:49	305	15:09	12.10	1:34:47	7:49	10		265	40:36
Eiserner Handwe	3.60	18:46	5:12	30	3:56	192	6:44	15.70	1:53:33	7:13	10		265	47:20
Schlüsie	4.10	19:39	4:47	43	5:36	273	8:09	19.80	2:13:12	6:43	10		265	55:29
Loddenke	3.10	15:36	5:01	39	3:47	247	5:46	22.90	2:28:48	6:29	10		265	1:01:15
Ilseburg/Markt	3.30	17:51	5:24	46	5:11	280	9:19	26.20	2:46:39	6:21	41	42:52	267	1:08:06