



44. Brockenlauf
Ilseburg / 06.09.2014

Detailed evaluation

Hamacher, Thomas

Club: Löhne
Number: 1

Course: 26.20 km
26,2 km - Lauf

Category:
Senioren M50 (50-54 Jahre)

Total time: 2:47:07

Speed: 9.33 km/h
Running performance: 6:23 min/km

Rank in course/Total: 297 (of 492)

Rank in course/Men: 260 (of 415)

Best time in course: 1:38:33

Rank in category: 41(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	18:49	5:42	24	3:39	175	6:57	3.30	18:49	5:42	11		156	
Schlüsie	3.10	20:05	6:28	23	3:43	173	7:07	6.40	38:54	6:04	11		269	14:04
Hermannsklippe	2.60	19:37	7:32	40	5:16	268	8:06	9.00	58:31	6:30	11		218	22:10
Brocken	3.10	31:40	10:12	43	7:30	259	13:50	12.10	1:30:11	7:27	11		269	36:00
Eiserner Handwe	3.60	21:11	5:53	48	6:21	307	9:09	15.70	1:51:22	7:05	11		269	45:09
Schlüsie	4.10	19:44	4:48	45	5:41	277	8:14	19.80	2:11:06	6:37	11		269	53:23
Loddenke	3.10	15:52	5:07	44	4:03	268	6:02	22.90	2:26:58	6:25	11		269	59:25
Ilseburg/Markt	3.30	20:09	6:06	58	7:29	352	11:37	26.20	2:47:07	6:22	43	43:20	271	1:08:34