



44. Brockenlauf
Ilseburg / 06.09.2014

Detailed evaluation

Richard, Jürgen

Club: LG Wassersuppe
Number: 328

Course: 26.20 km
26,2 km - Lauf

Category:
Senioren M50 (50-54 Jahre)

Total time: 2:49:09

Speed: 9.22 km/h
Running performance: 6:28 min/km

Rank in course/Total: 313 (of 492)

Rank in course/Men: 276 (of 415)

Best time in course: 1:38:33

Rank in category: 43(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	21:45	6:35	58	6:35	353	9:53	3.30	21:45	6:35	13	0:52	285	2:09
Schlüsie	3.10	22:37	7:17	51	6:15	319	9:39	6.40	44:22	6:55	13	1:40	284	19:32
Hermannsklippe	2.60	20:03	7:42	41	5:42	285	8:32	9.00	1:04:25	7:09	8	0:54	263	28:04
Brocken	3.10	31:38	10:12	42	7:28	258	13:48	12.10	1:36:03	7:56	13		284	41:52
Eiserner Handwe	3.60	20:32	5:42	43	5:42	282	8:30	15.70	1:56:35	7:25	13		284	50:22
Schlüsie	4.10	19:38	4:47	42	5:35	272	8:08	19.80	2:16:13	6:52	13		284	58:30
Loddenke	3.10	15:02	4:50	33	3:13	207	5:12	22.90	2:31:15	6:36	13		284	1:03:42
Ilseburg/Markt	3.30	17:54	5:25	47	5:14	282	9:22	26.20	2:49:09	6:27	45	45:22	287	1:10:36