



44. Brockenlauf
Ilseburg / 06.09.2014

Detailed evaluation

Berkmann, Thomas

Club: RUNNING RIOT HANNOVER
Number: 393

Course: 26.20 km
26,2 km - Lauf

Category:
Senioren M45 (45-49 Jahre)

Total time: 2:49:27

Speed: 9.21 km/h
Running performance: 6:28 min/km

Rank in course/Total: 320 (of 492)

Rank in course/Men: 281 (of 415)

Best time in course: 1:38:33

Rank in category: 70(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	22:04	6:41	91	7:50	374	10:12	3.30	22:04	6:41	4	2:19	288	2:28
Schlüsie	3.10	22:23	7:13	80	6:44	311	9:25	6.40	44:27	6:56	4	3:26	292	19:37
Hermannsklippe	2.60	20:32	7:53	75	6:41	305	9:01	9.00	1:04:59	7:13	4	4:16	292	28:38
Brocken	3.10	32:39	10:31	74	11:19	298	14:49	12.10	1:37:38	8:04	4	5:09	292	43:27
Eiserner Handwe	3.60	20:26	5:40	67	6:26	279	8:24	15.70	1:58:04	7:31	4	5:59	292	51:51
Schlüsie	4.10	19:06	4:39	60	5:44	243	7:36	19.80	2:17:10	6:55	4	5:52	292	59:27
Loddenke	3.10	15:03	4:51	52	3:48	208	5:13	22.90	2:32:13	6:38	4	5:32	292	1:04:40
Ilseburg/Markt	3.30	17:14	5:13	62	5:02	240	8:42	26.20	2:49:27	6:28	72	51:06	292	1:10:54