



44. Brockenlauf
Ilseburg / 06.09.2014

Detailed evaluation

Kreipe-Hoffmann, Martin

Club: Lauftreff Ilse / Lahstedt
Number: 370

Course: 26.20 km
26,2 km - Lauf

Category:
Senioren M55 (55-59 Jahre)

Total time: 2:50:34

Speed: 9.15 km/h
Running performance: 6:31 min/km

Rank in course/Total: 331 (of 492)

Rank in course/Men: 290 (of 415)

Best time in course: 1:38:33

Rank in category: 22(of 47)

Best time in the category: 2:12:40

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	20:18	6:09	28	4:24	283	8:26	3.30	20:18	6:09	13		299	0:42
Schlüsie	3.10	21:04	6:47	21	3:36	240	8:06	6.40	41:22	6:27	13		298	16:32
Hermannsklippe	2.60	20:22	7:49	26	4:35	299	8:51	9.00	1:01:44	6:51	13		298	25:23
Brocken	3.10	33:32	10:49	26	8:25	317	15:42	12.10	1:35:16	7:52	13		298	41:05
Eiserner Handwe	3.60	21:50	6:03	33	6:43	335	9:48	15.70	1:57:06	7:27	13		281	50:53
Schlüsie	4.10	19:47	4:49	23	5:24	280	8:17	19.80	2:16:53	6:54	13		298	59:10
Loddenke	3.10	16:19	5:15	23	4:10	290	6:29	22.90	2:33:12	6:41	13		298	1:05:39
Ilseburg/Markt	3.30	17:22	5:15	22	3:28	251	8:50	26.20	2:50:34	6:30	24	37:54	301	1:12:01