



44. Brockenlauf
Ilseburg / 06.09.2014

Detailed evaluation

Schaper, Frank

Club: Langeln
Number: 477

Course: 26.20 km
26,2 km - Lauf

Category:
Senioren M50 (50-54 Jahre)

Total time: 2:51:23

Speed: 9.10 km/h
Running performance: 6:32 min/km

Rank in course/Total: 339 (of 492)

Rank in course/Men: 296 (of 415)

Best time in course: 1:38:33

Rank in category: 48(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	22:03	6:40	60	6:53	372	10:11	3.30	22:03	6:40	18	1:10	305	2:27
Schlüsie	3.10	24:23	7:51	58	8:01	379	11:25	6.40	46:26	7:15	18	3:44	304	21:36
Hermannsklippe	2.60	21:19	8:11	51	6:58	333	9:48	9.00	1:07:45	7:31	18	4:14	304	31:24
Brocken	3.10	31:26	10:08	40	7:16	251	13:36	12.10	1:39:11	8:11	18	2:48	304	45:00
Eiserner Handwe	3.60	21:52	6:04	53	7:02	337	9:50	15.70	2:01:03	7:42	18	3:14	304	54:50
Schlüsie	4.10	19:06	4:39	35	5:03	243	7:36	19.80	2:20:09	7:04	18	2:58	304	1:02:26
Loddenke	3.10	15:40	5:03	40	3:51	253	5:50	22.90	2:35:49	6:48	18	3:23	304	1:08:16
Ilseburg/Markt	3.30	15:34	4:43	17	2:54	132	7:02	26.20	2:51:23	6:32	50	47:36	307	1:12:50