



44. Brockenlauf
Ilseburg / 06.09.2014

Detailed evaluation

Hülsmann, Jürgen

Club: VfL Wittekind Wildeshausen
Number: 36

Course: 26.20 km
26,2 km - Lauf

Category:
Senioren M45 (45-49 Jahre)

Total time: 2:53:34

Speed: 9.06 km/h
Running performance: 6:37 min/km

Rank in course/Total: 353 (of 492)

Rank in course/Men: 305 (of 415)

Best time in course: 1:38:33

Rank in category: 75(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	19:24	5:52	57	5:10	229	7:32	3.30	19:24	5:52	10		262	
Schlüsie	3.10	20:46	6:41	56	5:07	221	7:48	6.40	40:10	6:16	48		313	15:20
Hermannsklippe	2.60	19:52	7:38	67	6:01	277	8:21	9.00	1:00:02	6:40	48		181	23:41
Brocken	3.10	31:15	10:04	58	9:55	245	13:25	12.10	1:31:17	7:32	48		313	37:06
Eiserner Handwe	3.60	23:16	6:27	90	9:16	380	11:14	15.70	1:54:33	7:17	48	2:28	313	48:20
Schlüsie	4.10	23:14	5:40	91	9:52	383	11:44	19.80	2:17:47	6:57	48	6:29	313	1:00:04
Loddenke	3.10	17:51	5:45	86	6:36	359	8:01	22.90	2:35:38	6:47	48	8:57	313	1:08:05
Ilseburg/Markt	3.30	17:56	5:26	73	5:44	284	9:24	26.20	2:53:34	6:37	77	55:13	316	1:15:01