



44. Brockenlauf
Ilseburg / 06.09.2014

Detailed evaluation

Heggemann, Hans-Jürgen

Club: VfL Kloster Oesede
Number: 75

Course: 26.20 km
26,2 km - Lauf

Category:
Senioren M55 (55-59 Jahre)

Total time: 2:54:17

Speed: 8.95 km/h
Running performance: 6:39 min/km

Rank in course/Total: 357 (of 492)

Rank in course/Men: 309 (of 415)

Best time in course: 1:38:33

Rank in category: 27(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	21:09	6:24	34	5:15	328	9:17	3.30	21:09	6:24	6		283	1:33
Schlüsie	3.10	21:56	7:04	27	4:28	293	8:58	6.40	43:05	6:43	6		317	18:15
Hermannsklippe	2.60	19:14	7:23	20	3:27	243	7:43	9.00	1:02:19	6:55	6		317	25:58
Brocken	3.10	33:18	10:44	24	8:11	311	15:28	12.10	1:35:37	7:54	6		317	41:26
Eiserner Handwe	3.60	20:06	5:35	24	4:59	262	8:04	15.70	1:55:43	7:22	6		317	49:30
Schlüsie	4.10	20:27	4:59	29	6:04	304	8:57	19.80	2:16:10	6:52	6		317	58:27
Loddenke	3.10	17:40	5:41	37	5:31	354	7:50	22.90	2:33:50	6:43	6		317	1:06:17
Ilseburg/Markt	3.30	20:27	6:11	37	6:33	359	11:55	26.20	2:54:17	6:39	29	41:37	320	1:15:44