



44. Brockenlauf  
Ilseburg / 06.09.2014

Detailed evaluation

Lang, Helmut

Club: Laufjunkies  
Number: 197

Course: 26.20 km  
26,2 km - Lauf

Category:  
Senioren M45 (45-49 Jahre)

Total time: 2:55:25

Speed: 8.89 km/h  
Running performance: 6:42 min/km

Rank in course/Total: 365 (of 492)

Rank in course/Men: 316 (of 415)

Best time in course: 1:38:33

Rank in category: 79(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	21:38	6:33	84	7:24	347	9:46	3.30	21:38	6:33	44	1:53	325	2:02
Schlüsie	3.10	22:22	7:12	79	6:43	310	9:24	6.40	44:00	6:52	44	2:59	324	19:10
Hermannsklippe	2.60	19:34	7:31	63	5:43	263	8:03	9.00	1:03:34	7:03	44	2:51	324	27:13
Brocken	3.10	32:13	10:23	68	10:53	275	14:23	12.10	1:35:47	7:54	44	3:18	324	41:36
Eiserner Handwe	3.60	21:07	5:51	77	7:07	303	9:05	15.70	1:56:54	7:26	44	4:49	324	50:41
Schlüsie	4.10	21:59	5:21	84	8:37	363	10:29	19.80	2:18:53	7:00	44	7:35	324	1:01:10
Loddenke	3.10	17:09	5:31	82	5:54	339	7:19	22.90	2:36:02	6:48	44	9:21	324	1:08:29
Ilseburg/Markt	3.30	19:23	5:52	84	7:11	334	10:51	26.20	2:55:25	6:41	81	57:04	327	1:16:52