



44. Brockenlauf
Ilseburg / 06.09.2014

Detailed evaluation

Wilkens, Carsten

Club: Dasseler SC
Number: 322

Course: 26.20 km
26,2 km - Lauf

Category:
Senioren M40 (40-44 Jahre)

Total time: 2:58:50

Speed: 8.72 km/h
Running performance: 6:50 min/km

Rank in course/Total: 382 (of 492)

Rank in course/Men: 330 (of 415)

Best time in course: 1:38:33

Rank in category: 56(of 67)

Best time in the category: 1:51:23

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	20:43	6:16	51	7:00	301	8:51	3.30	20:43	6:16	29	0:13	339	1:07
Schlüsie	3.10	22:12	7:09	54	7:30	305	9:14	6.40	42:55	6:42	29	1:53	338	18:05
Hermannsklippe	2.60	20:36	7:55	56	7:51	311	9:05	9.00	1:03:31	7:03	29	4:21	297	27:10
Brocken	3.10	32:21	10:26	46	12:17	280	14:31	12.10	1:35:52	7:55	29	8:44	338	41:41
Eiserner Handwe	3.60	21:41	6:01	56	8:18	331	9:39	15.70	1:57:33	7:29	29	10:07	338	51:20
Schlüsie	4.10	21:47	5:18	61	8:49	358	10:17	19.80	2:19:20	7:02	29	12:49	338	1:01:37
Loddenke	3.10	19:34	6:18	62	8:48	381	9:44	22.90	2:38:54	6:56	29	17:01	338	1:11:21
Ilseburg/Markt	3.30	19:56	6:02	56	7:59	348	11:24	26.20	2:58:50	6:49	57	1:07:27	341	1:20:17