



44. Brockenlauf  
Ilseburg / 06.09.2014

Detailed evaluation

Jakob, Philipp

Club: Martinroda  
Number: 82

Course: 26.20 km  
26,2 km - Lauf

Category:  
Senioren M40 (40-44 Jahre)

Total time: 3:00:36

Speed: 8.64 km/h  
Running performance: 6:53 min/km

Rank in course/Total: 390 (of 492)

Rank in course/Men: 336 (of 415)

Best time in course: 1:38:33

Rank in category: 57(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	20:49	6:18	54	7:06	310	8:57	3.30	20:49	6:18	28	0:19	175	1:13
Schlüsie	3.10	22:39	7:18	56	7:57	322	9:41	6.40	43:28	6:47	28	2:26	344	18:38
Hermannsklippe	2.60	20:14	7:46	54	7:29	293	8:43	9.00	1:03:42	7:04	28	4:32	344	27:21
Brocken	3.10	36:05	11:38	62	16:01	367	18:15	12.10	1:39:47	8:14	28	12:39	344	45:36
Eiserner Handwe	3.60	22:11	6:09	58	8:48	345	10:09	15.70	2:01:58	7:46	28	14:32	344	55:45
Schlüsie	4.10	20:54	5:05	57	7:56	326	9:24	19.80	2:22:52	7:12	28	16:21	344	1:05:09
Loddenke	3.10	16:44	5:23	53	5:58	317	6:54	22.90	2:39:36	6:58	28	17:43	344	1:12:03
Ilseburg/Markt	3.30	21:00	6:21	62	9:03	368	12:28	26.20	3:00:36	6:53	58	1:09:13	347	1:22:03