



44. Brockenlauf
Ilseburg / 06.09.2014

Detailed evaluation

Stemmer, Harm

Club: ffb jesteburg
Number: 15

Course: 26.20 km
26,2 km - Lauf

Category:
Senioren M35 (35-39 Jahre)

Total time: 3:04:49

Speed: 8.44 km/h
Running performance: 7:03 min/km

Rank in course/Total: 416 (of 492)

Rank in course/Men: 353 (of 415)

Best time in course: 1:38:33

Rank in category: 34(of 36)

Best time in the category: 1:58:41

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	20:44	6:16	27	6:24	302	8:52	3.30	20:44	6:16	16	0:26	304	1:08
Schlüsie	3.10	23:01	7:25	32	7:03	337	10:03	6.40	43:45	6:50	16	2:24	361	18:55
Hermannsklippe	2.60	23:08	8:53	35	9:06	374	11:37	9.00	1:06:53	7:25	16	6:33	360	30:32
Brocken	3.10	35:02	11:18	34	13:31	345	17:12	12.10	1:41:55	8:25	16	9:59	360	47:44
Eiserner Handwe	3.60	21:15	5:54	26	6:39	311	9:13	15.70	2:03:10	7:50	16	9:38	361	56:57
Schlüsie	4.10	21:02	5:07	31	7:03	330	9:32	19.80	2:24:12	7:16	16	10:41	361	1:06:29
Loddenke	3.10	19:46	6:22	35	8:13	383	9:56	22.90	2:43:58	7:09	16	13:32	361	1:16:25
Ilseburg/Markt	3.30	20:51	6:19	33	8:09	366	12:19	26.20	3:04:49	7:03	34	1:06:08	364	1:26:16