



44. Brockenlauf
Ilseburg / 06.09.2014

Detailed evaluation

Spannaus, Hans-Ullrich

Club: Halle
Number: 94

Course: 26.20 km
26,2 km - Lauf

Category:
Senioren M55 (55-59 Jahre)

Total time: 3:09:20

Speed: 8.24 km/h
Running performance: 7:14 min/km

Rank in course/Total: 433 (of 492)

Rank in course/Men: 364 (of 415)

Best time in course: 1:38:33

Rank in category: 36(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		Behind		Total			Pos		Behind	
				Cat.	Cat.	Men	Men	km	Time	min/km	Cat.	Cat.	Men	Men
Loddenke	3.30	20:47	6:17	30	4:53	307	8:55	3.30	20:47	6:17	15		260	1:11
Schlüsie	3.10	24:21	7:51	37	6:53	378	11:23	6.40	45:08	7:03	15		371	20:18
Hermannsklippe	2.60	23:53	9:11	40	8:06	390	12:22	9.00	1:09:01	7:40	15		371	32:40
Brocken	3.10	34:34	11:09	31	9:27	338	16:44	12.10	1:43:35	8:33	15		371	49:24
Eiserner Handwe	3.60	21:18	5:55	28	6:11	314	9:16	15.70	2:04:53	7:57	15		371	58:40
Schlüsie	4.10	21:50	5:19	38	7:27	361	10:20	19.80	2:26:43	7:24	15		371	1:09:00
Loddenke	3.10	20:45	6:41	41	8:36	393	10:55	22.90	2:47:28	7:18	15		371	1:19:55
Ilseburg/Markt	3.30	21:52	6:37	41	7:58	384	13:20	26.20	3:09:20	7:13	38	56:40	375	1:30:47