



44. Brockenlauf  
Ilseburg / 06.09.2014

Detailed evaluation

Sprenger, Jon

Club: Hannover  
Number: 219

Course: 26.20 km  
26,2 km - Lauf

Category:  
Senioren M30 (30-34 Jahre)

Total time: 3:11:23

Speed: 8.15 km/h  
Running performance: 7:18 min/km

Rank in course/Total: 438 (of 492)

Rank in course/Men: 369 (of 415)

Best time in course: 1:38:33

Rank in category: 33(of 36)

Best time in the category: 1:53:17

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	22:52	6:55	36	8:32	395	11:00	3.30	22:52	6:55	15	2:00	377	3:16
Schlüsie	3.10	23:50	7:41	32	7:54	367	10:52	6.40	46:42	7:17	15	4:18	376	21:52
Hermannsklippe	2.60	21:55	8:25	33	8:26	351	10:24	9.00	1:08:37	7:37	15	6:54	376	32:16
Brocken	3.10	35:44	11:31	32	14:29	362	17:54	12.10	1:44:21	8:37	15	11:46	376	50:10
Eiserner Handwe	3.60	23:15	6:27	34	10:03	379	11:13	15.70	2:07:36	8:07	15	15:24	376	1:01:23
Schlüsie	4.10	23:30	5:43	34	10:48	386	12:00	19.80	2:31:06	7:37	15	19:57	376	1:13:23
Loddenke	3.10	19:15	6:12	34	8:51	377	9:25	22.90	2:50:21	7:26	15	23:07	376	1:22:48
Ilseburg/Markt	3.30	21:02	6:22	33	9:37	370	12:30	26.20	3:11:23	7:18	34	1:18:06	380	1:32:50