



44. Brockenlauf  
Ilseburg / 06.09.2014

Detailed evaluation

Dr. Klaußen, Thomas

Club: Cuxhaven  
Number: 373

Course: 26.20 km  
26,2 km - Lauf

Category:  
Senioren M50 (50-54 Jahre)

Total time: 3:24:49

Speed: 7.62 km/h  
Running performance: 7:49 min/km

Rank in course/Total: 462 (of 492)

Rank in course/Men: 385 (of 415)

Best time in course: 1:38:33

Rank in category: 60(of 62)

Best time in the category: 2:03:47

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	21:10	6:24	53	6:00	331	9:18	3.30	21:10	6:24	30	0:17	329	1:34
Schlüsie	3.10	25:33	8:14	60	9:11	393	12:35	6.40	46:43	7:17	30	4:01	393	21:53
Hermannsklippe	2.60	24:31	9:25	61	10:10	392	13:00	9.00	1:11:14	7:54	30	7:43	393	34:53
Brocken	3.10	37:01	11:56	58	12:51	378	19:11	12.10	1:48:15	8:56	30	11:52	393	54:04
Eiserner Handwe	3.60	23:25	6:30	59	8:35	385	11:23	15.70	2:11:40	8:23	30	13:51	393	1:05:27
Schlüsie	4.10	23:41	5:46	59	9:38	388	12:11	19.80	2:35:21	7:50	30	18:10	393	1:17:38
Loddenke	3.10	23:11	7:28	62	11:22	411	13:21	22.90	2:58:32	7:47	30	26:06	393	1:30:59
Ilseburg/Markt	3.30	26:17	7:57	62	13:37	410	17:45	26.20	3:24:49	7:49	62	1:21:02	396	1:46:16