



44. Brockenlauf
Ilseburg / 06.09.2014

Detailed evaluation

Graß, Joachim

Club: Brockel
Number: 259

Course: 26.20 km
26,2 km - Lauf

Category:
Senioren M55 (55-59 Jahre)

Total time: 3:36:15

Speed: 7.21 km/h
Running performance: 8:15 min/km

Rank in course/Total: 478 (of 492)

Rank in course/Men: 393 (of 415)

Best time in course: 1:38:33

Rank in category: 43(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 Cat.	Behind Cat.	Stage score		Total			Pos Cat.	Behind Cat.	Total ranking	
						Pos Men	Behind Men	Total km	Total Time	Total min/km			Pos Men	Behind Men
Loddenke	3.30	24:18	7:21	45	8:24	410	12:26	3.30	24:18	7:21	22	1:57	402	4:42
Schlüsie	3.10	28:55	9:19	46	11:27	410	15:57	6.40	53:13	8:18	22	6:32	401	28:23
Hermannsklippe	2.60	25:47	9:55	45	10:00	402	14:16	9.00	1:19:00	8:46	22	9:51	401	42:39
Brocken	3.10	39:57	12:53	44	14:50	401	22:07	12.10	1:58:57	9:49	22	11:41	401	1:04:46
Eiserner Handwe	3.60	24:52	6:54	42	9:45	396	12:50	15.70	2:23:49	9:09	22	14:47	401	1:17:36
Schlüsie	4.10	26:44	6:31	44	12:21	404	15:14	19.80	2:50:33	8:36	22	20:17	401	1:32:50
Loddenke	3.10	22:37	7:17	46	10:28	408	12:47	22.90	3:13:10	8:26	22	25:41	401	1:45:37
Ilseburg/Markt	3.30	23:05	6:59	42	9:11	388	14:33	26.20	3:36:15	8:15	45	1:23:35	404	1:57:42