



44. Brockenlauf
Ilseburg / 06.09.2014

Detailed evaluation

Just, Thomas

Club: Brockenlaufverein Ilseburg
Number: 52

Course: 26.20 km
26,2 km - Lauf

Category:
Senioren M55 (55-59 Jahre)

Total time: 3:39:42

Speed: 7.16 km/h
Running performance: 8:23 min/km

Rank in course/Total: 480 (of 492)

Rank in course/Men: 395 (of 415)

Best time in course: 1:38:33

Rank in category: 44(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.	Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men
Loddenke	3.30	24:37	7:27	46	8:43	411	12:45	3.30	24:37	7:27	23	2:16	404	5:01
Schlüsie	3.10	28:46	9:16	45	11:18	409	15:48	6.40	53:23	8:20	23	6:42	403	28:33
Hermannsklippe	2.60	26:04	10:01	46	10:17	403	14:33	9.00	1:19:27	8:49	23	10:18	403	43:06
Brocken	3.10	38:15	12:20	39	13:08	392	20:25	12.10	1:57:42	9:43	23	10:26	403	1:03:31
Eiserner Handwe	3.60	27:28	7:37	46	12:21	407	15:26	15.70	2:25:10	9:14	23	16:08	403	1:18:57
Schlüsie	4.10	26:02	6:20	43	11:39	402	14:32	19.80	2:51:12	8:38	23	20:56	403	1:33:29
Loddenke	3.10	23:14	7:29	47	11:05	412	13:24	22.90	3:14:26	8:29	23	26:57	403	1:46:53
Ilseburg/Markt	3.30	25:16	7:39	46	11:22	408	16:44	26.20	3:39:42	8:23	46	1:27:02	406	2:01:09