



44. Brockenlauf
Ilseburg / 06.09.2014

Detailed evaluation

Händel, Thomas

Club: Jena
Number: 384

Course: 26.20 km
26,2 km - Lauf

Category:
Senioren M40 (40-44 Jahre)

Total time: 3:40:46

Speed: 7.07 km/h
Running performance: 8:26 min/km

Rank in course/Total: 482 (of 492)

Rank in course/Men: 396 (of 415)

Best time in course: 1:38:33

Rank in category: 66(of 67)

Best time in the category: 1:51:23

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	24:40	7:28	67	10:57	412	12:48	3.30	24:40	7:28	19	4:10	405	5:04
Schlüsie	3.10	28:07	9:04	67	13:25	408	15:09	6.40	52:47	8:14	19	11:45	404	27:57
Hermannsklippe	2.60	26:22	10:08	67	13:37	404	14:51	9.00	1:19:09	8:47	19	19:59	404	42:48
Brocken	3.10	41:19	13:19	67	21:15	405	23:29	12.10	2:00:28	9:57	19	33:20	404	1:06:17
Eiserner Handwe	3.60	26:38	7:23	67	13:15	405	14:36	15.70	2:27:06	9:22	19	39:40	404	1:20:53
Schlüsie	4.10	27:03	6:35	67	14:05	407	15:33	19.80	2:54:09	8:47	19	47:38	404	1:36:26
Loddenke	3.10	22:36	7:17	67	11:50	407	12:46	22.90	3:16:45	8:35	19	54:52	404	1:49:12
Ilseburg/Markt	3.30	24:01	7:16	65	12:04	399	15:29	26.20	3:40:46	8:25	67	1:49:23	407	2:02:13