



44. Brockenlauf  
Ilseburg / 06.09.2014

Detailed evaluation

Joppe, Holger

Club: TSV Hilwartshausen  
Number: 158

Course: 26.20 km  
26,2 km - Lauf

Category:  
Senioren M45 (45-49 Jahre)

Total time: 2:27:07

Speed: 10.60 km/h  
Running performance: 5:37 min/km

Rank in course/Total: 124 (of 492)

Rank in course/Men: 118 (of 415)

Best time in course: 1:38:33

Rank in category: 30(of 98)

Best time in the category: 1:58:21

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	19:09	5:48	51	4:55	212	7:17	3.30	19:09	5:48	27		414	
Schlüsie	3.10	18:25	5:56	20	2:46	79	5:27	6.40	37:34	5:52	27		115	12:44
Hermannsklippe	2.60	16:50	6:28	25	2:59	93	5:19	9.00	54:24	6:02	27		413	18:03
Brocken	3.10	28:31	9:11	30	7:11	138	10:41	12.10	1:22:55	6:51	27		413	28:44
Eiserner Handwe	3.60	18:49	5:13	50	4:49	198	6:47	15.70	1:41:44	6:28	27		413	35:31
Schlüsie	4.10	17:00	4:08	30	3:38	126	5:30	19.80	1:58:44	5:59	27		413	41:01
Loddenke	3.10	12:10	3:55	4	0:55	23	2:20	22.90	2:10:54	5:42	27		413	43:21
Ilseburg/Markt	3.30	16:13	4:54	42	4:01	178	7:41	26.20	2:27:07	5:36	30	28:46	118	48:34