



45. Brockenlauf
Ilseburg / 05.09.2015

Detailed evaluation

Jensen, Ib

Club: Kolding Motion/Klub 100 Marathon DK
Number: 11

Course: 26.20 km
26,2 km - Lauf

Category:
Senioren M55 (55-59 Jahre)

Total time: 2:35:48

Speed: 10.09 km/h

Rank in course/Total: 248 (of 532)

Rank in course/Men: 232 (of 452)

Best time in course: 1:36:15

Rank in category: 16(of 50)

Best time in the category: 2:08:31

Intermediate times				Stage score				Total ranking						
Control	Split km	Split Time	Split km/h	Pos Cat.	Behind Cat.	Pos Men	Behind Men	Total km	Total Time	Total km/h	Pos Cat.	Behind Cat.	Pos Men	Behind Men
Loddenke	3.30	20:54	9.47	35	4:25	344	9:08	3.30	20:54	9.47	35	4:25	344	9:08
Schlüsie	3.10	21:59	8.46	32	4:40	325	9:04	6.40	42:53	8.95	35	8:39	338	18:12
Hermannsklippe	2.60	19:09	8.15	27	4:17	300	7:54	9.00	1:02:02	8.70	33	12:08	329	26:06
Brocken	3.10	29:56	6.21	17	6:02	255	12:44	12.10	1:31:58	7.89	28	18:10	301	38:50
Eiserner Handwe	3.60	17:06	12.63	11	1:39	147	5:29	15.70	1:49:04	8.64	21	19:49	262	44:19
Schlüsie	4.10	16:52	14.58	10	2:37	162	5:26	19.80	2:05:56	9.43	20	22:26	247	49:45
Loddenke	3.10	14:12	13.10	16	2:22	190	4:35	22.90	2:20:08	9.80	18	24:48	237	54:20
Ilseburg/Markt	3.30	15:40	12.64	15	2:29	200	5:13	26.20	2:35:48	10.09	16	27:17	232	59:33