



44. Brockenlauf
Ilseburg / 06.09.2014

Detailed evaluation

Cabak, Guido

Club: NSV Wernigerode
Number: 244

Course: 26.20 km
26,2 km - Lauf

Category:
Senioren M35 (35-39 Jahre)

Total time: 1:58:41

Speed: 13.14 km/h
Running performance: 4:32 min/km

Rank in course/Total: 12 (of 492)

Rank in course/Men: 12 (of 415)

Best time in course: 1:38:33

Rank in category: 1(of 36)

Best time in the category: 1:58:41

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	14:20	4:20	1	-	10	2:28	3.30	14:20	4:20	28	-	13	-
Schlüsie	3.10	15:58	5:09	1	-	13	3:00	6.40	30:18	4:44	28	-	12	5:28
Hermannsklippe	2.60	14:02	5:23	1	-	12	2:31	9.00	44:20	4:55	28	-	12	7:59
Brocken	3.10	21:31	6:56	1	-	10	3:41	12.10	1:05:51	5:26	28	-	12	11:40
Eiserner Handwe	3.60	14:36	4:03	1	-	14	2:34	15.70	1:20:27	5:07	28	-	12	14:14
Schlüsie	4.10	13:59	3:24	1	-	16	2:29	19.80	1:34:26	4:46	28	-	12	16:43
Loddenke	3.10	11:33	3:43	1	-	12	1:43	22.90	1:45:59	4:37	28	-	12	18:26
Ilseburg/Markt	3.30	12:42	3:50	1	-	14	4:10	26.20	1:58:41	4:31	1	-	12	20:08