



44. Brockenlauf
Ilseburg / 06.09.2014

Detailed evaluation

Unruh, Artem

Club: Lauffreunde Evessen
Number: 164

Course: 26.20 km
26,2 km - Lauf

Category:
Senioren M30 (30-34 Jahre)

Total time: 2:05:02

Speed: 12.48 km/h
Running performance: 4:46 min/km

Rank in course/Total: 20 (of 492)

Rank in course/Men: 20 (of 415)

Best time in course: 1:38:33

Rank in category: 4(of 36)

Best time in the category: 1:53:17

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	15:27	4:40	6	1:07	32	3:35	3.30	15:27	4:40	22		21	
Schlüsie	3.10	16:08	5:12	2	0:12	14	3:10	6.40	31:35	4:56	22		20	6:45
Hermannsklippe	2.60	13:29	5:11	1	-	6	1:58	9.00	45:04	5:00	22		20	8:43
Brocken	3.10	21:32	6:56	2	0:17	11	3:42	12.10	1:06:36	5:30	22		20	12:25
Eiserner Handwe	3.60	15:24	4:16	8	2:12	31	3:22	15.70	1:22:00	5:13	22		20	15:47
Schlüsie	4.10	15:47	3:50	10	3:05	57	4:17	19.80	1:37:47	4:56	22		20	20:04
Loddenke	3.10	13:04	4:12	8	2:40	62	3:14	22.90	1:50:51	4:50	22		20	23:18
Ilseburg/Markt	3.30	14:11	4:17	7	2:46	48	5:39	26.20	2:05:02	4:46	4	11:45	20	26:29