



44. Brockenlauf
Ilseburg / 06.09.2014

Detailed evaluation

Cäsar, Christian

Club: Harz-Gebirgslauf Wernigerode
Number: 54

Course: 26.20 km
26,2 km - Lauf

Category:
Senioren M30 (30-34 Jahre)

Total time: 2:10:07

Speed: 11.99 km/h
Running performance: 4:58 min/km

Rank in course/Total: 31 (of 492)

Rank in course/Men: 30 (of 415)

Best time in course: 1:38:33

Rank in category: 7(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	15:21	4:39	5	1:01	30	3:29	3.30	15:21	4:39	25		25	
Schlüsie	3.10	17:25	5:37	8	1:29	43	4:27	6.40	32:46	5:07	25		30	7:56
Hermannsklippe	2.60	16:04	6:10	9	2:35	56	4:33	9.00	48:50	5:25	25		30	12:29
Brocken	3.10	26:40	8:36	11	5:25	77	8:50	12.10	1:15:30	6:14	25		30	21:19
Eiserner Handwe	3.60	14:26	4:00	3	1:14	13	2:24	15.70	1:29:56	5:43	25		30	23:43
Schlüsie	4.10	13:53	3:23	4	1:11	15	2:23	19.80	1:43:49	5:14	25		30	26:06
Loddenke	3.10	12:09	3:55	5	1:45	21	2:19	22.90	1:55:58	5:03	25		30	28:25
Ilseburg/Markt	3.30	14:09	4:17	6	2:44	47	5:37	26.20	2:10:07	4:57	7	16:50	30	31:34