



44. Brockenlauf  
Ilseburg / 06.09.2014

Detailed evaluation

Wittig, Christian

Club: Aerobbis  
Number: 317

Course: 26.20 km  
26,2 km - Lauf

Category:  
Senioren M30 (30-34 Jahre)

Total time: 2:13:20

Speed: 11.70 km/h  
Running performance: 5:05 min/km

Rank in course/Total: 46 (of 492)

Rank in course/Men: 45 (of 415)

Best time in course: 1:38:33

Rank in category: 9(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	17:03	5:10	10	2:43	82	5:11	3.30	17:03	5:10	27		46	
Schlüsie	3.10	17:46	5:43	9	1:50	51	4:48	6.40	34:49	5:26	27		45	9:59
Hermannsklippe	2.60	15:15	5:51	8	1:46	37	3:44	9.00	50:04	5:33	27		45	13:43
Brocken	3.10	23:51	7:41	6	2:36	28	6:01	12.10	1:13:55	6:06	27		45	19:44
Eiserner Handwe	3.60	15:52	4:24	9	2:40	45	3:50	15.70	1:29:47	5:43	27		45	23:34
Schlüsie	4.10	15:29	3:46	9	2:47	46	3:59	19.80	1:45:16	5:18	27		45	27:33
Loddenke	3.10	13:17	4:17	10	2:53	76	3:27	22.90	1:58:33	5:10	27		45	31:00
Ilseburg/Markt	3.30	14:47	4:28	9	3:22	77	6:15	26.20	2:13:20	5:05	9	20:03	45	34:47