



44. Brockenlauf

Ilseburg / 06.09.2014

Detailed evaluation

Heinrich, Uwe

Club: BSG Mecklenburgische Versicherungen Hano
Number: 405

Course: 26.20 km
26,2 km - Lauf

Category:
Senioren M55 (55-59 Jahre)

Total time: 2:15:33

Speed: 11.51 km/h
Running performance: 5:10 min/km

Rank in course/Total: 52 (of 492)

Rank in course/Men: 51 (of 415)

Best time in course: 1:38:33

Rank in category: 5(of 47)

Best time in the category: 2:12:40

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	16:40	5:03	4	0:46	70	4:48	3.30	16:40	5:03	29		35	
Schlüsie	3.10	18:17	5:53	5	0:49	71	5:19	6.40	34:57	5:27	29		51	10:07
Hermannsklippe	2.60	15:47	6:04	1	-	48	4:16	9.00	50:44	5:38	29		51	14:23
Brocken	3.10	25:12	8:07	2	0:05	47	7:22	12.10	1:15:56	6:16	29		51	21:45
Eiserner Handwe	3.60	16:20	4:32	5	1:13	62	4:18	15.70	1:32:16	5:52	29		51	26:03
Schlüsie	4.10	16:09	3:56	8	1:46	75	4:39	19.80	1:48:25	5:28	29		51	30:42
Loddenke	3.10	13:09	4:14	6	1:00	66	3:19	22.90	2:01:34	5:18	29		51	34:01
Ilseburg/Markt	3.30	13:59	4:14	3	0:05	40	5:27	26.20	2:15:33	5:10	5	2:53	51	37:00