



44. Brockenlauf  
Ilseburg / 06.09.2014

Detailed evaluation

Holze, Christian

Club: Pulvis Fitness  
Number: 1100

Course: 26.20 km  
26,2 km - Lauf

Category:  
Senioren M35 (35-39 Jahre)

Total time: 2:18:46

Speed: 11.24 km/h  
Running performance: 5:18 min/km

Rank in course/Total: 67 (of 492)

Rank in course/Men: 64 (of 415)

Best time in course: 1:38:33

Rank in category: 6(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	17:39	5:20	9	3:19	113	5:47	3.30	17:39	5:20	24		65	
Schlüsie	3.10	17:43	5:42	6	1:45	49	4:45	6.40	35:22	5:31	24		64	10:32
Hermannsklippe	2.60	15:30	5:57	6	1:28	45	3:59	9.00	50:52	5:39	24		48	14:31
Brocken	3.10	25:07	8:06	6	3:36	45	7:17	12.10	1:15:59	6:16	24		64	21:48
Eiserner Handwe	3.60	15:59	4:26	5	1:23	47	3:57	15.70	1:31:58	5:51	24		64	25:45
Schlüsie	4.10	16:20	3:59	8	2:21	89	4:50	19.80	1:48:18	5:28	24		64	30:35
Loddenke	3.10	14:08	4:33	12	2:35	133	4:18	22.90	2:02:26	5:20	24		64	34:53
Ilseburg/Markt	3.30	16:20	4:56	18	3:38	188	7:48	26.20	2:18:46	5:17	6	20:05	64	40:13