



44. Brockenlauf
Ilseburg / 06.09.2014

Detailed evaluation

Ulrich, Kai-Uwe

Club: Dresden
Number: 95

Course: 26.20 km
26,2 km - Lauf

Category:
Senioren M45 (45-49 Jahre)

Total time: 2:20:04

Speed: 11.14 km/h
Running performance: 5:21 min/km

Rank in course/Total: 75 (of 492)

Rank in course/Men: 72 (of 415)

Best time in course: 1:38:33

Rank in category: 18(of 98)

Best time in the category: 1:58:21

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	16:07	4:53	11	1:53	49	4:15	3.30	16:07	4:53	57		73	
Schlüsie	3.10	18:17	5:53	18	2:38	71	5:19	6.40	34:24	5:22	57		72	9:34
Hermannsklippe	2.60	16:11	6:13	14	2:20	59	4:40	9.00	50:35	5:37	57		72	14:14
Brocken	3.10	26:27	8:31	16	5:07	69	8:37	12.10	1:17:02	6:21	57		58	22:51
Eiserner Handwe	3.60	16:14	4:30	18	2:14	59	4:12	15.70	1:33:16	5:56	57		72	27:03
Schlüsie	4.10	16:03	3:54	19	2:41	69	4:33	19.80	1:49:19	5:31	57		72	31:36
Loddenke	3.10	14:15	4:35	34	3:00	141	4:25	22.90	2:03:34	5:23	57		72	36:01
Ilseburg/Markt	3.30	16:30	5:00	51	4:18	200	7:58	26.20	2:20:04	5:20	18	21:43	72	41:31