



44. Brockenlauf  
Ilseburg / 06.09.2014

Detailed evaluation

Wernecke, Frank

Club: W+J

Number: 448

Course: 26.20 km

26,2 km - Lauf

Category:

Senioren M45 (45-49 Jahre)

Total time: 2:20:43

Speed: 11.17 km/h

Running performance: 5:22 min/km

Rank in course/Total: 78 (of 492)

Rank in course/Men: 75 (of 415)

Best time in course: 1:38:33

Rank in category: 20(of 98)

Best time in the category: 1:58:21

Intermediate times

Stage score

Total ranking

Control	Intermediate times					Stage score				Total ranking				
	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	16:24	4:58	14	2:10	55	4:32	3.30	16:24	4:58	55		37	
Schlüsie	3.10	19:00	6:07	28	3:21	108	6:02	6.40	35:24	5:31	55		75	10:34
Hermannsklippe	2.60	17:34	6:45	30	3:43	130	6:03	9.00	52:58	5:53	55		75	16:37
Brocken	3.10	28:30	9:11	29	7:10	137	10:40	12.10	1:21:28	6:43	55		75	27:17
Eiserner Handwe	3.60	16:21	4:32	20	2:21	65	4:19	15.70	1:37:49	6:13	55		75	31:36
Schlüsie	4.10	15:17	3:43	11	1:55	40	3:47	19.80	1:53:06	5:42	55		75	35:23
Loddenke	3.10	12:57	4:10	15	1:42	59	3:07	22.90	2:06:03	5:30	55		75	38:30
Ilseburg/Markt	3.30	14:40	4:26	18	2:28	72	6:08	26.20	2:20:43	5:22	20	22:22	75	42:10