



44. Brockenlauf
Ilseburg / 06.09.2014

Detailed evaluation

Wöllgens, Dominik

Club: Berlin
Number: 207

Course: 26.20 km
26,2 km - Lauf

Category:
Senioren M30 (30-34 Jahre)

Total time: 2:30:40

Speed: 10.35 km/h
Running performance: 5:45 min/km

Rank in course/Total: 146 (of 492)

Rank in course/Men: 135 (of 415)

Best time in course: 1:38:33

Rank in category: 15(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	16:49	5:05	9	2:29	78	4:57	3.30	16:49	5:05	32		86	
Schlüsie	3.10	19:42	6:21	19	3:46	155	6:44	6.40	36:31	5:42	32		137	11:41
Hermannsklippe	2.60	18:40	7:10	23	5:11	204	7:09	9.00	55:11	6:07	32		137	18:50
Brocken	3.10	29:52	9:38	23	8:37	183	12:02	12.10	1:25:03	7:01	32		137	30:52
Eiserner Handwe	3.60	17:07	4:45	13	3:55	99	5:05	15.70	1:42:10	6:30	32		137	35:57
Schlüsie	4.10	17:49	4:20	19	5:07	173	6:19	19.80	1:59:59	6:03	32		137	42:16
Loddenke	3.10	15:18	4:56	21	4:54	226	5:28	22.90	2:15:17	5:54	32		137	47:44
Ilseburg/Markt	3.30	15:23	4:39	13	3:58	119	6:51	26.20	2:30:40	5:45	15	37:23	140	52:07