



44. Brockenlauf
Ilseburg / 06.09.2014

Detailed evaluation

Schulz, Wolfgang

Club: Barsinghausen
Number: 243

Course: 26.20 km
26,2 km - Lauf

Category:
Senioren M45 (45-49 Jahre)

Total time: 2:31:36

Speed: 10.29 km/h
Running performance: 5:47 min/km

Rank in course/Total: 153 (of 492)

Rank in course/Men: 142 (of 415)

Best time in course: 1:38:33

Rank in category: 34(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	18:57	5:44	47	4:43	190	7:05	3.30	18:57	5:44	89		118	
Schlüsie	3.10	19:41	6:20	36	4:02	153	6:43	6.40	38:38	6:02	88		144	13:48
Hermannsklippe	2.60	18:08	6:58	39	4:17	163	6:37	9.00	56:46	6:18	88		144	20:25
Brocken	3.10	29:59	9:40	45	8:39	189	12:09	12.10	1:26:45	7:10	88		144	32:34
Eiserner Handwe	3.60	18:36	5:10	46	4:36	186	6:34	15.70	1:45:21	6:42	88		144	39:08
Schlüsie	4.10	17:37	4:17	37	4:15	157	6:07	19.80	2:02:58	6:12	88		144	45:15
Loddenke	3.10	13:32	4:21	21	2:17	85	3:42	22.90	2:16:30	5:57	88		144	48:57
Ilseburg/Markt	3.30	15:06	4:34	24	2:54	101	6:34	26.20	2:31:36	5:47	36	33:15	147	53:03