



44. Brockenlauf
Ilseburg / 06.09.2014

Detailed evaluation

Genrich, Dr. Florian

Club: Post SV Holzminden
Number: 44

Course: 26.20 km
26,2 km - Lauf

Category:
Senioren M30 (30-34 Jahre)

Total time: 2:35:14

Speed: 10.05 km/h
Running performance: 5:55 min/km

Rank in course/Total: 191 (of 492)

Rank in course/Men: 173 (of 415)

Best time in course: 1:38:33

Rank in category: 19(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	19:55	6:02	26	5:35	263	8:03	3.30	19:55	6:02	10		178	0:19
Schlüsie	3.10	21:06	6:48	26	5:10	245	8:08	6.40	41:01	6:24	10		177	16:11
Hermannsklippe	2.60	18:16	7:01	19	4:47	176	6:45	9.00	59:17	6:35	10		177	22:56
Brocken	3.10	30:04	9:41	25	8:49	192	12:14	12.10	1:29:21	7:23	10		177	35:10
Eiserner Handwe	3.60	17:37	4:53	15	4:25	130	5:35	15.70	1:46:58	6:48	10		177	40:45
Schlüsie	4.10	17:18	4:13	16	4:36	143	5:48	19.80	2:04:16	6:16	10		177	46:33
Loddenke	3.10	14:29	4:40	14	4:05	158	4:39	22.90	2:18:45	6:03	10		177	51:12
Ilseburg/Markt	3.30	16:29	4:59	18	5:04	196	7:57	26.20	2:35:14	5:55	20	41:57	180	56:41