



44. Brockenlauf
Ilseburg / 06.09.2014

Detailed evaluation

Pahnke, Andreas

Club: Berlin
Number: 154

Course: 26.20 km
26,2 km - Lauf

Category:
Senioren M30 (30-34 Jahre)

Total time: 2:35:29

Speed: 10.03 km/h
Running performance: 5:56 min/km

Rank in course/Total: 192 (of 492)

Rank in course/Men: 174 (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	19:03	5:46	20	4:43	197	7:11	3.30	19:03	5:46	2		169	
Schlüsie	3.10	18:45	6:02	14	2:49	94	5:47	6.40	37:48	5:54	2		178	12:58
Hermannsklippe	2.60	16:48	6:27	11	3:19	89	5:17	9.00	54:36	6:03	2		88	18:15
Brocken	3.10	28:25	9:09	16	7:10	132	10:35	12.10	1:23:01	6:51	2		178	28:50
Eiserner Handwe	3.60	16:41	4:38	11	3:29	75	4:39	15.70	1:39:42	6:21	2		178	33:29
Schlüsie	4.10	17:46	4:19	17	5:04	168	6:16	19.80	1:57:28	5:55	2		178	39:45
Loddenke	3.10	15:27	4:59	22	5:03	236	5:37	22.90	2:12:55	5:48	2		178	45:22
Ilseburg/Markt	3.30	22:34	6:50	35	11:09	387	14:02	26.20	2:35:29	5:56	21	42:12	181	56:56