



44. Brockenlauf
Ilseburg / 06.09.2014

Detailed evaluation

Ziolkowski, Paul

Club: Pinnow
Number: 28

Course: 26.20 km
26,2 km - Lauf

Category:
Männer (20-29 Jahre)

Total time: 2:41:48

Speed: 9.64 km/h
Running performance: 6:11 min/km

Rank in course/Total: 253 (of 492)

Rank in course/Men: 227 (of 415)

Best time in course: 1:38:33

Rank in category: 25(of 33)

Best time in the category: 1:38:33

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	19:56	6:02	27	8:04	265	8:04	3.30	19:56	6:02	9		182	0:20
Schlüsie	3.10	20:10	6:30	23	7:12	177	7:12	6.40	40:06	6:15	9		216	15:16
Hermannsklippe	2.60	17:15	6:38	17	5:44	112	5:44	9.00	57:21	6:22	9		234	21:00
Brocken	3.10	28:21	9:08	21	10:31	129	10:31	12.10	1:25:42	7:04	9		234	31:31
Eiserner Handwe	3.60	23:24	6:29	31	11:22	384	11:22	15.70	1:49:06	6:56	9		234	42:53
Schlüsie	4.10	20:13	4:55	27	8:43	294	8:43	19.80	2:09:19	6:31	9		234	51:36
Loddenke	3.10	15:59	5:09	23	6:09	273	6:09	22.90	2:25:18	6:20	9		234	57:45
Ilseburg/Markt	3.30	16:30	5:00	22	5:30	200	7:58	26.20	2:41:48	6:10	25	1:03:15	236	1:03:15