



44. Brockenlauf
Ilseburg / 06.09.2014

Detailed evaluation

Kuhn, Paul

Club: FastButNotLeast
Number: 261

Course: 26.20 km
26,2 km - Lauf

Category:
Senioren M30 (30-34 Jahre)

Total time: 2:42:07

Speed: 9.70 km/h
Running performance: 6:11 min/km

Rank in course/Total: 255 (of 492)

Rank in course/Men: 229 (of 415)

Best time in course: 1:38:33

Rank in category: 24(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	19:19	5:51	21	4:59	224	7:27	3.30	19:19	5:51	6		236	
Schlüsie	3.10	20:22	6:34	20	4:26	187	7:24	6.40	39:41	6:12	6		235	14:51
Hermannsklippe	2.60	18:29	7:06	22	5:00	192	6:58	9.00	58:10	6:27	6		235	21:49
Brocken	3.10	29:36	9:32	21	8:21	173	11:46	12.10	1:27:46	7:15	6		235	33:35
Eiserner Handwe	3.60	21:04	5:51	32	7:52	301	9:02	15.70	1:48:50	6:55	6		235	42:37
Schlüsie	4.10	21:38	5:16	33	8:56	353	10:08	19.80	2:10:28	6:35	6		235	52:45
Loddenke	3.10	15:36	5:01	25	5:12	247	5:46	22.90	2:26:04	6:22	6		235	58:31
Ilseburg/Markt	3.30	16:03	4:51	16	4:38	169	7:31	26.20	2:42:07	6:11	25	48:50	238	1:03:34