



44. Brockenlauf  
Ilseburg / 06.09.2014

Detailed evaluation

Zillmann, Uwe

Club: Braunschweig  
Number: 1076

Course: 26.20 km  
26,2 km - Lauf

Category:  
Senioren M45 (45-49 Jahre)

Total time: 2:45:40

Speed: 9.42 km/h  
Running performance: 6:19 min/km

Rank in course/Total: 279 (of 492)

Rank in course/Men: 247 (of 415)

Best time in course: 1:38:33

Rank in category: 63(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	18:21	5:33	38	4:07	157	6:29	3.30	18:21	5:33	11		256	
Schlüsie	3.10	19:33	6:18	33	3:54	142	6:35	6.40	37:54	5:55	11		255	13:04
Hermannsklippe	2.60	17:58	6:54	38	4:07	158	6:27	9.00	55:52	6:12	11		255	19:31
Brocken	3.10	31:31	10:09	61	10:11	252	13:41	12.10	1:27:23	7:13	11		255	33:12
Eiserner Handwe	3.60	20:36	5:43	70	6:36	285	8:34	15.70	1:47:59	6:52	11		232	41:46
Schlüsie	4.10	20:55	5:06	77	7:33	327	9:25	19.80	2:08:54	6:30	11		255	51:11
Loddenke	3.10	18:37	6:00	89	7:22	371	8:47	22.90	2:27:31	6:26	11	0:50	255	59:58
Ilseburg/Markt	3.30	18:09	5:30	77	5:57	294	9:37	26.20	2:45:40	6:19	65	47:19	258	1:07:07