



44. Brockenlauf
Ilseburg / 06.09.2014

Detailed evaluation

Pöhler, Volker

Club: SV Frille Wietersheim
Number: 361

Course: 26.20 km
26,2 km - Lauf

Category:
Senioren M40 (40-44 Jahre)

Total time: 2:46:12

Speed: 9.39 km/h
Running performance: 6:20 min/km

Rank in course/Total: 284 (of 492)

Rank in course/Men: 252 (of 415)

Best time in course: 1:38:33

Rank in category: 49(of 67)

Best time in the category: 1:51:23

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	19:25	5:53	42	5:42	231	7:33	3.30	19:25	5:53	2		237	
Schlüsie	3.10	21:02	6:47	45	6:20	234	8:04	6.40	40:27	6:19	2		260	15:37
Hermannsklippe	2.60	19:31	7:30	50	6:46	258	8:00	9.00	59:58	6:39	2	0:48	260	23:37
Brocken	3.10	30:31	9:50	36	10:27	215	12:41	12.10	1:30:29	7:28	2	3:21	260	36:18
Eiserner Handwe	3.60	20:48	5:46	52	7:25	292	8:46	15.70	1:51:17	7:05	2	3:51	260	45:04
Schlüsie	4.10	20:17	4:56	52	7:19	298	8:47	19.80	2:11:34	6:38	2	5:03	260	53:51
Loddenke	3.10	16:21	5:16	50	5:35	293	6:31	22.90	2:27:55	6:27	2	6:02	260	1:00:22
Ilseburg/Markt	3.30	18:17	5:32	52	6:20	302	9:45	26.20	2:46:12	6:20	50	54:49	263	1:07:39