



44. Brockenlauf  
Ilseburg / 06.09.2014

Detailed evaluation

Schrader, Roland

Club: Grünenplan  
Number: 496

Course: 26.20 km  
26,2 km - Lauf

Category:  
Senioren M30 (30-34 Jahre)

Total time: 2:48:49

Speed: 9.24 km/h  
Running performance: 6:26 min/km

Rank in course/Total: 312 (of 492)

Rank in course/Men: 275 (of 415)

Best time in course: 1:38:33

Rank in category: 27(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	20:52	6:19	30	6:32	314	9:00	3.30	20:52	6:19	1	-	284	1:16
Schlüsie	3.10	21:32	6:56	29	5:36	278	8:34	6.40	42:24	6:37	1	-	283	17:34
Hermannsklippe	2.60	19:19	7:25	26	5:50	249	7:48	9.00	1:01:43	6:51	1	-	283	25:22
Brocken	3.10	30:52	9:57	28	9:37	229	13:02	12.10	1:32:35	7:39	1	-	283	38:24
Eiserner Handwe	3.60	19:37	5:26	27	6:25	246	7:35	15.70	1:52:12	7:08	1	-	283	45:59
Schlüsie	4.10	18:57	4:37	25	6:15	235	7:27	19.80	2:11:09	6:37	1	-	283	53:26
Loddenke	3.10	16:05	5:11	29	5:41	279	6:15	22.90	2:27:14	6:25	1	-	250	59:41
Ilseburg/Markt	3.30	21:35	6:32	34	10:10	377	13:03	26.20	2:48:49	6:26	29	55:32	286	1:10:16