



44. Brockenlauf  
Ilseburg / 06.09.2014

Detailed evaluation

Heine, Patrick

Club: Braunschweig  
Number: 70

Course: 26.20 km  
26,2 km - Lauf

Category:  
Senioren M30 (30-34 Jahre)

Total time: 2:49:44

Speed: 9.19 km/h  
Running performance: 6:29 min/km

Rank in course/Total: 322 (of 492)

Rank in course/Men: 284 (of 415)

Best time in course: 1:38:33

Rank in category: 29(of 36)

Best time in the category: 1:53:17

Intermediate times

Stage score

Total ranking

Control	Split		Pos	Behind	Pos		Total	Total	Total	Pos	Behind	Pos	Behind	
	km	Time			min/km	Cat.								Cat.
Loddenke	3.30	22:27	6:48	34	8:07	380	10:35	3.30	22:27	6:48	11	1:35	292	2:51
Schlüsie	3.10	22:54	7:23	31	6:58	333	9:56	6.40	45:21	7:05	11	2:57	291	20:31
Hermannsklippe	2.60	20:06	7:43	29	6:37	287	8:35	9.00	1:05:27	7:16	11	3:44	291	29:06
Brocken	3.10	32:31	10:29	29	11:16	294	14:41	12.10	1:37:58	8:05	11	5:23	291	43:47
Eiserner Handwe	3.60	20:26	5:40	29	7:14	279	8:24	15.70	1:58:24	7:32	11	6:12	291	52:11
Schlüsie	4.10	19:33	4:46	28	6:51	266	8:03	19.80	2:17:57	6:58	11	6:48	291	1:00:14
Loddenke	3.10	15:11	4:53	17	4:47	218	5:21	22.90	2:33:08	6:41	11	5:54	291	1:05:35
Ilseburg/Markt	3.30	16:36	5:01	20	5:11	210	8:04	26.20	2:49:44	6:28	30	56:27	295	1:11:11