



44. Brockenlauf

Ilseburg / 06.09.2014

Detailed evaluation

Arnold, Gerd

Club: Rennsteiglaufverein
Number: 294

Course: 26.20 km
26,2 km - Lauf

Category:
Senioren M55 (55-59 Jahre)

Total time: 2:52:09

Speed: 9.06 km/h
Running performance: 6:34 min/km

Rank in course/Total: 342 (of 492)

Rank in course/Men: 298 (of 415)

Best time in course: 1:38:33

Rank in category: 25(of 47)

Best time in the category: 2:12:40

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	20:12	6:07	27	4:18	278	8:20	3.30	20:12	6:07	4		251	0:36
Schlüsie	3.10	21:57	7:04	28	4:29	294	8:59	6.40	42:09	6:35	4		271	17:19
Hermannsklippe	2.60	20:02	7:42	25	4:15	283	8:31	9.00	1:02:11	6:54	4		285	25:50
Brocken	3.10	30:48	9:56	18	5:41	225	12:58	12.10	1:32:59	7:41	4		305	38:48
Eiserner Handwe	3.60	21:51	6:04	34	6:44	336	9:49	15.70	1:54:50	7:18	4		305	48:37
Schlüsie	4.10	21:29	5:14	36	7:06	347	9:59	19.80	2:16:19	6:53	4		305	58:36
Loddenke	3.10	16:49	5:25	28	4:40	322	6:59	22.90	2:33:08	6:41	4		291	1:05:35
Ilseburg/Markt	3.30	19:01	5:45	31	5:07	323	10:29	26.20	2:52:09	6:34	27	39:29	309	1:13:36