



44. Brockenlauf
Ilseburg / 06.09.2014

Detailed evaluation

Guse, Christian

Club: Team Erdinger Alkoholfrei
Number: 394

Course: 26.20 km
26,2 km - Lauf

Category:
Senioren M30 (30-34 Jahre)

Total time: 2:54:23

Speed: 9.01 km/h
Running performance: 6:40 min/km

Rank in course/Total: 359 (of 492)

Rank in course/Men: 311 (of 415)

Best time in course: 1:38:33

Rank in category: 30(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	19:48	6:00	25	5:28	257	7:56	3.30	19:48	6:00	12		320	0:12
Schlüsie	3.10	22:36	7:17	30	6:40	318	9:38	6.40	42:24	6:37	1	-	283	17:34
Hermannsklippe	2.60	21:46	8:22	32	8:17	346	10:15	9.00	1:04:10	7:07	12	2:27	319	27:49
Brocken	3.10	36:45	11:51	34	15:30	373	18:55	12.10	1:40:55	8:20	12	8:20	319	46:44
Eiserner Handwe	3.60	19:28	5:24	26	6:16	235	7:26	15.70	2:00:23	7:40	12	8:11	319	54:10
Schlüsie	4.10	18:27	4:30	22	5:45	213	6:57	19.80	2:18:50	7:00	12	7:41	319	1:01:07
Loddenke	3.10	15:12	4:54	18	4:48	220	5:22	22.90	2:34:02	6:43	12	6:48	319	1:06:29
Ilseburg/Markt	3.30	20:21	6:10	31	8:56	357	11:49	26.20	2:54:23	6:39	31	1:01:06	322	1:15:50