



44. Brockenlauf
Ilseburg / 06.09.2014

Detailed evaluation

Wisniewski, Ronny

Club: Rotenburg an der Fulda
Number: 347

Course: 26.20 km
26,2 km - Lauf

Category:
Senioren M35 (35-39 Jahre)

Total time: 2:54:24

Speed: 8.94 km/h
Running performance: 6:40 min/km

Rank in course/Total: 360 (of 492)

Rank in course/Men: 312 (of 415)

Best time in course: 1:38:33

Rank in category: 29(of 36)

Best time in the category: 1:58:41

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	20:16	6:08	25	5:56	281	8:24	3.30	20:16	6:08	11		321	0:40
Schlüsie	3.10	21:17	6:51	26	5:19	260	8:19	6.40	41:33	6:29	11	0:12	320	16:43
Hermannsklippe	2.60	20:44	7:58	29	6:42	314	9:13	9.00	1:02:17	6:55	11	1:57	320	25:56
Brocken	3.10	34:52	11:14	33	13:21	344	17:02	12.10	1:37:09	8:01	11	5:13	320	42:58
Eiserner Handwe	3.60	21:25	5:56	28	6:49	317	9:23	15.70	1:58:34	7:33	11	5:02	320	52:21
Schlüsie	4.10	20:28	4:59	28	6:29	305	8:58	19.80	2:19:02	7:01	11	5:31	320	1:01:19
Loddenke	3.10	16:15	5:14	27	4:42	285	6:25	22.90	2:35:17	6:46	11	4:51	320	1:07:44
Ilseburg/Markt	3.30	19:07	5:47	29	6:25	327	10:35	26.20	2:54:24	6:39	29	55:43	323	1:15:51