



44. Brockenlauf  
Ilseburg / 06.09.2014

Detailed evaluation

Kraaz, Udo

Club: Uelzen  
Number: 391

Course: 26.20 km  
26,2 km - Lauf

Category:  
Senioren M45 (45-49 Jahre)

Total time: 2:59:30

Speed: 8.69 km/h  
Running performance: 6:51 min/km

Rank in course/Total: 385 (of 492)

Rank in course/Men: 332 (of 415)

Best time in course: 1:38:33

Rank in category: 81(of 98)

Best time in the category: 1:58:21

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	21:27	6:30	82	7:13	342	9:35	3.30	21:27	6:30	42	1:42	341	1:51
Schlüsie	3.10	23:04	7:26	84	7:25	339	10:06	6.40	44:31	6:57	42	3:30	340	19:41
Hermannsklippe	2.60	23:15	8:56	92	9:24	379	11:44	9.00	1:07:46	7:31	42	7:03	340	31:25
Brocken	3.10	35:20	11:23	86	14:00	352	17:30	12.10	1:43:06	8:31	42	10:37	340	48:55
Eiserner Handwe	3.60	20:59	5:49	74	6:59	298	8:57	15.70	2:04:05	7:54	42	12:00	340	57:52
Schlüsie	4.10	21:06	5:08	79	7:44	334	9:36	19.80	2:25:11	7:19	42	13:53	340	1:07:28
Loddenke	3.10	16:11	5:13	71	4:56	283	6:21	22.90	2:41:22	7:02	42	14:41	340	1:13:49
Ilseburg/Markt	3.30	18:08	5:29	76	5:56	291	9:36	26.20	2:59:30	6:51	83	1:01:09	343	1:20:57