



44. Brockenlauf  
Ilseburg / 06.09.2014

Detailed evaluation

Grünwald, Günter Franz

Club: NLLB Cottbus e.V.  
Number: 235

Course: 26.20 km  
26,2 km - Lauf

Category:  
Senioren M60 (60-64 Jahre)

Total time: 3:04:57

Speed: 8.43 km/h  
Running performance: 7:04 min/km

Rank in course/Total: 417 (of 492)

Rank in course/Men: 355 (of 415)

Best time in course: 1:38:33

Rank in category: 21(of 24)

Best time in the category: 2:19:43

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	21:55	6:38	15	5:29	364	10:03	3.30	21:55	6:38	6		363	2:19
Schlüsie	3.10	23:24	7:32	19	5:04	356	10:26	6.40	45:19	7:04	6	1:07	335	20:29
Hermannsklippe	2.60	23:08	8:53	20	6:38	374	11:37	9.00	1:08:27	7:36	6	3:43	362	32:06
Brocken	3.10	36:45	11:51	20	9:12	373	18:55	12.10	1:45:12	8:41	6	9:55	362	51:01
Eiserner Handwe	3.60	20:11	5:36	11	3:16	266	8:09	15.70	2:05:23	7:59	6	8:40	362	59:10
Schlüsie	4.10	20:43	5:03	15	4:23	317	9:13	19.80	2:26:06	7:22	6	9:33	362	1:08:23
Loddenke	3.10	17:14	5:33	19	4:02	344	7:24	22.90	2:43:20	7:07	6	11:02	362	1:15:47
Ilseburg/Markt	3.30	21:37	6:33	22	13:05	378	13:05	26.20	3:04:57	7:03	21	45:14	366	1:26:24