



44. Brockenlauf
Ilseburg / 06.09.2014

Detailed evaluation

Thiele, Joachim

Club: Wolfsburg
Number: 4

Course: 26.20 km
26,2 km - Lauf

Category:
Senioren M55 (55-59 Jahre)

Total time: 3:07:58

Speed: 8.30 km/h
Running performance: 7:10 min/km

Rank in course/Total: 430 (of 492)

Rank in course/Men: 362 (of 415)

Best time in course: 1:38:33

Rank in category: 34(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	22:21	6:46	40	6:27	377	10:29	3.30	22:21	6:46	1	-	370	2:45
Schlüsie	3.10	24:20	7:50	36	6:52	376	11:22	6.40	46:41	7:17	1	-	369	21:51
Hermannsklippe	2.60	22:28	8:38	36	6:41	367	10:57	9.00	1:09:09	7:41	1	-	369	32:48
Brocken	3.10	38:07	12:17	38	13:00	391	20:17	12.10	1:47:16	8:51	1	-	369	53:05
Eiserner Handwe	3.60	21:46	6:02	32	6:39	333	9:44	15.70	2:09:02	8:13	1	-	369	1:02:49
Schlüsie	4.10	21:14	5:10	33	6:51	338	9:44	19.80	2:30:16	7:35	1	-	369	1:12:33
Loddenke	3.10	17:13	5:33	33	5:04	343	7:23	22.90	2:47:29	7:18	1	-	369	1:19:56
Ilseburg/Markt	3.30	20:29	6:12	38	6:35	362	11:57	26.20	3:07:58	7:10	36	55:18	373	1:29:25