



44. Brockenlauf  
Ilseburg / 06.09.2014

Detailed evaluation

Arndt, Joachim

Club: Rennsteiglaufverein  
Number: 132

Course: 26.20 km  
26,2 km - Lauf

Category:  
Senioren M50 (50-54 Jahre)

Total time: 3:12:36

Speed: 8.10 km/h  
Running performance: 7:21 min/km

Rank in course/Total: 441 (of 492)

Rank in course/Men: 370 (of 415)

Best time in course: 1:38:33

Rank in category: 57(of 62)

Best time in the category: 2:03:47

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	21:37	6:33	56	6:27	346	9:45	3.30	21:37	6:33	27	0:44	378	2:01
Schlüsie	3.10	23:56	7:43	55	7:34	370	10:58	6.40	45:33	7:07	27	2:51	377	20:43
Hermannsklippe	2.60	22:17	8:34	57	7:56	364	10:46	9.00	1:07:50	7:32	27	4:19	377	31:29
Brocken	3.10	35:29	11:26	56	11:19	355	17:39	12.10	1:43:19	8:32	27	6:56	377	49:08
Eiserner Handwe	3.60	23:30	6:31	60	8:40	386	11:28	15.70	2:06:49	8:04	27	9:00	377	1:00:36
Schlüsie	4.10	24:07	5:52	60	10:04	390	12:37	19.80	2:30:56	7:37	27	13:45	377	1:13:13
Loddenke	3.10	19:51	6:24	60	8:02	384	10:01	22.90	2:50:47	7:27	27	18:21	377	1:23:14
Ilseburg/Markt	3.30	21:49	6:36	60	9:09	383	13:17	26.20	3:12:36	7:21	59	1:08:49	381	1:34:03