



44. Brockenlauf
Ilseburg / 06.09.2014

Detailed evaluation

Schöndube, Christian

Club: Braunschweig
Number: 31

Course: 26.20 km
26,2 km - Lauf

Category:
Senioren M30 (30-34 Jahre)

Total time: 3:15:37

Speed: 7.97 km/h
Running performance: 7:28 min/km

Rank in course/Total: 447 (of 492)

Rank in course/Men: 373 (of 415)

Best time in course: 1:38:33

Rank in category: 34(of 36)

Best time in the category: 1:53:17

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Stage score		Total		Total min/km	Pos Cat.	Behind Cat.	Total ranking	
						Pos Men	Behind Men	km	Time				Pos Men	Behind Men
Loddenke	3.30	22:26	6:47	33	8:06	379	10:34	3.30	22:26	6:47	16	1:34	381	2:50
Schlüsie	3.10	24:37	7:56	35	8:41	381	11:39	6.40	47:03	7:21	16	4:39	380	22:13
Hermannsklippe	2.60	23:05	8:52	35	9:36	373	11:34	9.00	1:10:08	7:47	16	8:25	380	33:47
Brocken	3.10	37:50	12:12	36	16:35	388	20:00	12.10	1:47:58	8:55	16	15:23	380	53:47
Eiserner Handwe	3.60	23:20	6:28	35	10:08	382	11:18	15.70	2:11:18	8:21	16	19:06	380	1:05:05
Schlüsie	4.10	24:09	5:53	36	11:27	392	12:39	19.80	2:35:27	7:51	16	24:18	380	1:17:44
Loddenke	3.10	19:25	6:15	35	9:01	380	9:35	22.90	2:54:52	7:38	16	27:38	380	1:27:19
Ilseburg/Markt	3.30	20:45	6:17	32	9:20	364	12:13	26.20	3:15:37	7:27	35	1:22:20	384	1:37:04