



44. Brockenlauf

Ilseburg / 06.09.2014

Detailed evaluation

Gerl, David

Club: Düsseldorf
Number: 105

Course: 26.20 km
26,2 km - Lauf

Category:
Senioren M30 (30-34 Jahre)

Total time: 3:20:05

Speed: 7.80 km/h
Running performance: 7:38 min/km

Rank in course/Total: 455 (of 492)

Rank in course/Men: 379 (of 415)

Best time in course: 1:38:33

Rank in category: 35(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.	Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men
Loddenke	3.30	21:50	6:36	31	7:30	357	9:58	3.30	21:50	6:36	17	0:58	380	2:14
Schlüsie	3.10	25:02	8:04	36	9:06	388	12:04	6.40	46:52	7:19	17	4:28	387	22:02
Hermannsklippe	2.60	23:16	8:56	36	9:47	380	11:45	9.00	1:10:08	7:47	16	8:25	380	33:47
Brocken	3.10	37:49	12:11	35	16:34	386	19:59	12.10	1:47:57	8:55	17	15:22	387	53:46
Eiserner Handwe	3.60	23:22	6:29	36	10:10	383	11:20	15.70	2:11:19	8:21	17	19:07	387	1:05:06
Schlüsie	4.10	24:07	5:52	35	11:25	390	12:37	19.80	2:35:26	7:51	17	24:17	387	1:17:43
Loddenke	3.10	20:43	6:40	36	10:19	392	10:53	22.90	2:56:09	7:41	17	28:55	387	1:28:36
Ilseburg/Markt	3.30	23:56	7:15	36	12:31	397	15:24	26.20	3:20:05	7:38	36	1:26:48	390	1:41:32