



44. Brockenlauf  
Ilseburg / 06.09.2014

Detailed evaluation

Dümmel, Wolfgang

Club: Schwerin  
Number: 469

Course: 26.20 km  
26,2 km - Lauf

Category:  
Senioren M55 (55-59 Jahre)

Total time: 3:33:06

Speed: 7.32 km/h  
Running performance: 8:08 min/km

Rank in course/Total: 474 (of 492)

Rank in course/Men: 391 (of 415)

Best time in course: 1:38:33

Rank in category: 42(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	21:32	6:31	36	5:38	343	9:40	3.30	21:32	6:31	21		400	1:56
Schlüsie	3.10	24:52	8:01	40	7:24	385	11:54	6.40	46:24	7:14	21		399	21:34
Hermannsklippe	2.60	25:03	9:38	44	9:16	397	13:32	9.00	1:11:27	7:56	21	2:18	399	35:06
Brocken	3.10	41:06	13:15	46	15:59	404	23:16	12.10	1:52:33	9:18	21	5:17	399	58:22
Eiserner Handwe	3.60	25:52	7:11	44	10:45	402	13:50	15.70	2:18:25	8:48	21	9:23	399	1:12:12
Schlüsie	4.10	27:53	6:48	46	13:30	410	16:23	19.80	2:46:18	8:23	21	16:02	399	1:28:35
Loddenke	3.10	21:46	7:01	45	9:37	402	11:56	22.90	3:08:04	8:12	21	20:35	399	1:40:31
Ilseburg/Markt	3.30	25:02	7:35	45	11:08	405	16:30	26.20	3:33:06	8:08	44	1:20:26	402	1:54:33