



44. Brockenlauf
Ilseburg / 06.09.2014

Detailed evaluation

Pauloweit, Jörg

Number: 1073

Course: 26.20 km
26,2 km - Lauf

Category:
Senioren M30 (30-34 Jahre)

Total time: 2:27:45

Speed: 10.56 km/h

Running performance: 5:38 min/km

Rank in course/Total: 129 (of 492)

Rank in course/Men: 123 (of 415)

Best time in course: 1:38:33

Rank in category: 13(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			Pos Cat.	Behind Cat.	Total ranking	
						Pos Men	Behind Men	Total km	Total Time	Total min/km			Pos Men	Behind Men
Loddenke	3.30	19:28	5:53	22	5:08	236	7:36	3.30	19:28	5:53	18		415	
Schlüsie	3.10	20:32	6:37	22	4:36	202	7:34	6.40	40:00	6:15	18		414	15:10
Hermannsklippe	2.60	17:47	6:50	16	4:18	142	6:16	9.00	57:47	6:25	18		239	21:26
Brocken	3.10	27:43	8:56	13	6:28	109	9:53	12.10	1:25:30	7:03	18		414	31:19
Eiserner Handwe	3.60	17:43	4:55	16	4:31	138	5:41	15.70	1:43:13	6:34	18		153	37:00
Schlüsie	4.10	15:06	3:40	8	2:24	36	3:36	19.80	1:58:19	5:58	18		121	40:36
Loddenke	3.10	13:49	4:27	12	3:25	100	3:59	22.90	2:12:08	5:46	18		121	44:35
Ilseburg/Markt	3.30	15:37	4:43	14	4:12	137	7:05	26.20	2:27:45	5:38	13	34:28	123	49:12