



45. Brockenlauf
Ilseburg / 05.09.2015

Detailed evaluation

Cabak, Guido

Club: NSV Wernigerode
Number: 481

Course: 26.20 km
26,2 km - Lauf

Category:
Senioren M35 (35-39 Jahre)

Total time: 1:59:26

Speed: 13.06 km/h

Rank in course/Total: 15 (of 532)

Rank in course/Men: 15 (of 452)

Best time in course: 1:36:15

Rank in category: 3(of 48)

Best time in the category: 1:56:54

Intermediate times				Stage score				Total ranking						
Control	Split km	Split Time	Split km/h	Pos Cat.	Behind Cat.	Pos Men	Behind Men	Total km	Total Time	Total km/h	Pos Cat.	Behind Cat.	Pos Men	Behind Men
Loddenke	3.30	14:20	12.56	4	0:12	14	2:34	3.30	14:20	12.56	4	0:12	14	2:34
Schlüsie	3.10	16:12	11.11	4	0:19	16	3:17	6.40	30:32	11.79	4	0:29	14	5:51
Hermannsklippe	2.60	13:56	8.61	2	0:04	13	2:41	9.00	44:28	12.14	4	0:29	14	8:32
Brocken	3.10	21:41	8.30	1	-	12	4:29	12.10	1:06:09	10.88	3	0:29	13	13:01
Eiserner Handwe	3.60	14:29	12.43	3	0:44	18	2:52	15.70	1:20:38	11.16	3	1:02	13	15:53
Schlüsie	4.10	13:58	17.18	3	0:46	17	2:32	19.80	1:34:36	12.05	3	1:42	13	18:25
Loddenke	3.10	11:47	15.28	3	0:22	27	2:10	22.90	1:46:23	12.41	3	2:04	14	20:35
Ilseburg/Markt	3.30	13:03	13.79	2	0:28	24	2:36	26.20	1:59:26	13.06	3	2:32	15	23:11