



44. Brockenlauf
Ilseburg / 06.09.2014

Detailed evaluation

Seeger, Bernd

Club: Wernigerode
Number: 574

Course: 9.60 km
9,6 km - Lauf

Category:
Senioren M65 (65-69 Jahre)

Total time: 53:00

Speed: 10.19 km/h
Running performance: 5:31 min/km

Rank in course/Total: 69 (of 175)

Rank in course/Men: 58 (of 119)

Best time in course: 33:35

Rank in category: 2(of 8)

Best time in the category: 50:08

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Stage score		Total ranking							
						Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men	
Ilsestein	4.10	26:05	6:21	2	1:12	57	9:27	4.10	26:05	6:21	2	1:12	59		
Loddenke	2.20	10:51	4:55	2	0:35	61	4:08	6.30	36:56	5:51	2	1:47	59		
Ilseburg/Markt	3.30	16:04	4:52	3	1:05	67	5:52	9.60	53:00	5:31	2	2:52	59	19:25	