



44. Brockenlauf  
Ilseburg / 06.09.2014

Detailed evaluation

Muhs, Alexander

Club: Bovenden  
Number: 517

Course: 9.60 km  
9,6 km - Lauf

Category:  
Senioren M45 (45-49 Jahre)

Total time: 54:10

Speed: 9.97 km/h  
Running performance: 5:38 min/km

Rank in course/Total: 78 (of 175)

Rank in course/Men: 64 (of 119)

Best time in course: 33:35

Rank in category: 9(of 15)

Best time in the category: 44:01

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	27:08	6:37	9	4:14	74	10:30	4.10	27:08	6:37	9	4:14	65	
Loddenke	2.20	10:51	4:55	8	2:08	61	4:08	6.30	37:59	6:01	9	6:22	65	
Ilseburg/Markt	3.30	16:11	4:54	10	3:47	72	5:59	9.60	54:10	5:38	9	10:09	65	20:35