



44. Brockenlauf
Ilseburg / 06.09.2014

Detailed evaluation

Dr.Feist, Axel

Club: Bielefeld
Number: 597

Course: 9.60 km
9,6 km - Lauf

Category:
Senioren M65 (65-69 Jahre)

Total time: 56:23

Speed: 9.58 km/h
Running performance: 5:52 min/km

Rank in course/Total: 90 (of 175)

Rank in course/Men: 73 (of 119)

Best time in course: 33:35

Rank in category: 5(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	28:26	6:56	5	3:33	87	11:48	4.10	28:26	6:56	5	3:33	74	0:02
Loddenke	2.20	11:10	5:04	5	0:54	69	4:27	6.30	39:36	6:17	5	4:27	1	-
Ilseburg/Markt	3.30	16:47	5:05	5	1:48	80	6:35	9.60	56:23	5:52	5	6:15	74	22:48