



44. Brockenlauf
Ilseburg / 06.09.2014

Detailed evaluation

Gerken, Jan

Club: USV Erfurt
Number: 525

Course: 9.60 km
9,6 km - Lauf

Category:
Senioren M45 (45-49 Jahre)

Total time: 56:27

Speed: 9.57 km/h
Running performance: 5:53 min/km

Rank in course/Total: 91 (of 175)

Rank in course/Men: 74 (of 119)

Best time in course: 33:35

Rank in category: 10(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	28:41	6:59	11	5:47	88	12:03	4.10	28:41	6:59	10	5:47	75	0:17
Loddenke	2.20	11:52	5:23	12	3:09	86	5:09	6.30	40:33	6:26	10	8:56	75	0:57
Ilseburg/Markt	3.30	15:54	4:49	8	3:30	65	5:42	9.60	56:27	5:52	10	12:26	75	22:52