



44. Brockenlauf  
Ilseburg / 06.09.2014

Detailed evaluation

Porwoll, Dietmar

Club: Nix tun kann jeder  
Number: 618

Course: 9.60 km  
9,6 km - Lauf

Category:  
Senioren M55 (55-59 Jahre)

Total time: 56:30

Speed: 10.19 km/h  
Running performance: 5:53 min/km

Rank in course/Total: 92 (of 175)

Rank in course/Men: 75 (of 119)

Best time in course: 33:35

Rank in category: 5(of 7)

Best time in the category: 51:45

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	29:34	7:12	7	4:14	97	12:56	4.10	29:34	7:12	5	4:14	76	1:10
Loddenke	2.20	11:13	5:05	3	0:31	71	4:30	6.30	40:47	6:28	5	4:45	76	1:11
Ilseburg/Markt	3.30	15:43	4:45	2	0:34	56	5:31	9.60	56:30	5:53	5	4:45	76	22:55