



44. Brockenlauf
Ilseburg / 06.09.2014

Detailed evaluation

Bokelmann, Boki

Club: SG Hillerse
Number: 538

Course: 9.60 km
9,6 km - Lauf

Category:
Senioren M55 (55-59 Jahre)

Total time: 57:23

Speed: 9.41 km/h
Running performance: 5:59 min/km

Rank in course/Total: 101 (of 175)

Rank in course/Men: 79 (of 119)

Best time in course: 33:35

Rank in category: 6(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	29:12	7:07	6	3:52	95	12:34	4.10	29:12	7:07	6	3:52	80	0:48
Loddenke	2.20	11:45	5:20	6	1:03	84	5:02	6.30	40:57	6:30	6	4:55	79	1:21
Ilseburg/Markt	3.30	16:26	4:58	6	1:17	77	6:14	9.60	57:23	5:58	6	5:38	82	23:48