



44. Brockenlauf
Ilseburg / 06.09.2014

Detailed evaluation

John, Stefan

Club: fsV Grün Weiß Ilseburg
Number: 668

Course: 9.60 km
9,6 km - Lauf

Category:
Senioren M35 (35-39 Jahre)

Total time: 57:26

Speed: 9.40 km/h
Running performance: 5:59 min/km

Rank in course/Total: 103 (of 175)

Rank in course/Men: 81 (of 119)

Best time in course: 33:35

Rank in category: 9(of 10)

Best time in the category: 41:03

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	27:02	6:35	8	6:33	72	10:24	4.10	27:02	6:35	9	6:33	81	
Loddenke	2.20	12:44	5:47	9	4:48	104	6:01	6.30	39:46	6:18	9	11:21	81	0:10
Ilseburg/Markt	3.30	17:40	5:21	9	5:02	93	7:28	9.60	57:26	5:58	9	16:23	84	23:51