



44. Brockenlauf
Ilseburg / 06.09.2014

Detailed evaluation

Sulkowski, Christian

Club: fSV Grün Weiß Ilseburg
Number: 671

Course: 9.60 km
9,6 km - Lauf

Category:
Senioren M30 (30-34 Jahre)

Total time: 57:26

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

Rank in course/Total: 106 (of 175)

Rank in course/Men: 81 (of 119)

Best time in course: 33:35

Rank in category: 10(of 11)

Best time in the category: 39:53

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	26:52	6:33	8	6:39	70	10:14	4.10	26:52	6:33	9	6:23	86	
Loddenke	2.20	13:01	5:55	10	4:54	108	6:18	6.30	39:53	6:19	9	11:17	86	0:17
Ilseburg/Markt	3.30	17:33	5:19	9	6:16	89	7:21	9.60	57:26	5:58	10	17:33	84	23:51