



44. Brockenlauf  
Ilseburg / 06.09.2014

Detailed evaluation

Görtz, Frank

Club: fsV Grün Weiß Ilseburg  
Number: 669

Course: 9.60 km  
9,6 km - Lauf

Category:  
Senioren M30 (30-34 Jahre)

Total time: 57:25

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

Rank in course/Total: 102 (of 175)

Rank in course/Men: 80 (of 119)

Best time in course: 33:35

Rank in category: 9(of 11)

Best time in the category: 39:53

Intermediate times

Stage score

Total ranking

| Control        | Split<br>km | Split<br>Time | Split<br>min/km | Pos<br>Cat. | Behind<br>Cat. | Stage score |               | Total ranking |               |                 |             |                |            |               |  |
|----------------|-------------|---------------|-----------------|-------------|----------------|-------------|---------------|---------------|---------------|-----------------|-------------|----------------|------------|---------------|--|
|                |             |               |                 |             |                | Pos<br>Men  | Behind<br>Men | Total<br>km   | Total<br>Time | Total<br>min/km | Pos<br>Cat. | Behind<br>Cat. | Pos<br>Men | Behind<br>Men |  |
| Ilsestein      | 4.10        | 25:42         | 6:16            | 6           | 5:29           | 55          | 9:04          | 4.10          | 25:42         | 6:16            | 10          | 5:13           | 82         |               |  |
| Loddenke       | 2.20        | 14:04         | 6:23            | 11          | 5:57           | 114         | 7:21          | 6.30          | 39:46         | 6:18            | 10          | 11:10          | 81         | 0:10          |  |
| Ilseburg/Markt | 3.30        | 17:39         | 5:20            | 10          | 6:22           | 92          | 7:27          | 9.60          | 57:25         | 5:58            | 9           | 17:32          | 83         | 23:50         |  |