



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 km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind 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