



44. Brockenlauf
Ilseburg / 06.09.2014

Detailed evaluation

Lüdke, Mathias

Number: 704

Course: 9.60 km
9,6 km - Lauf

Category:
Senioren M50 (50-54 Jahre)

Total time: 57:50

Speed: 9.96 km/h
Running performance: 6:01 min/km

Rank in course/Total: 112 (of 175)

Rank in course/Men: 88 (of 119)

Best time in course: 33:35

Rank in category: 9(of 15)

Best time in the category: 41:32

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	28:47	7:01	11	8:23	90	12:09	4.10	28:47	7:01	9	8:23	89	0:23
Loddenke	2.20	12:04	5:29	12	3:27	92	5:21	6.30	40:51	6:29	9	11:48	89	1:15
Ilseburg/Markt	3.30	16:59	5:08	10	4:30	83	6:47	9.60	57:50	6:01	10	16:18	92	24:15