



44. Brockenlauf
Ilseburg / 06.09.2014

Detailed evaluation

Schrader, Frank

Number: 707

Course: 9.60 km
9,6 km - Lauf

Category:
Senioren M45 (45-49 Jahre)

Total time: 58:04

Speed: 9.30 km/h
Running performance: 6:03 min/km

Rank in course/Total: 118 (of 175)

Rank in course/Men: 91 (of 119)

Best time in course: 33:35

Rank in category: 12(of 15)

Best time in the category: 44:01

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	29:04	7:05	12	6:10	93	12:26	4.10	29:04	7:05	11	6:10	92	0:40
Loddenke	2.20	11:25	5:11	10	2:42	75	4:42	6.30	40:29	6:25	11	8:52	92	0:53
Ilseburg/Markt	3.30	17:35	5:19	11	5:11	91	7:23	9.60	58:04	6:02	12	14:03	95	24:29