



44. Brockenlauf

Ilseburg / 06.09.2014

Detailed evaluation

Seidel, Stefan

Club: Wedemark
Number: 566

Course: 9.60 km
9,6 km - Lauf

Category:
Senioren M50 (50-54 Jahre)

Total time: 59:51

Speed: 9.02 km/h
Running performance: 6:14 min/km

Rank in course/Total: 136 (of 175)

Rank in course/Men: 99 (of 119)

Best time in course: 33:35

Rank in category: 12(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	30:08	7:20	13	9:44	104	13:30	4.10	30:08	7:20	12	9:44	98	1:44	
Loddenke	2.20	12:19	5:35	13	3:42	97	5:36	6.30	42:27	6:44	12	13:24	98	2:51	
Ilseburg/Markt	3.30	17:24	5:16	11	4:55	87	7:12	9.60	59:51	6:14	13	18:19	102	26:16	