



44. Brockenlauf
Ilseburg / 06.09.2014

Detailed evaluation

Nagel, Wolfgang

Club: Salzgitter Bad
Number: 543

Course: 9.60 km
9,6 km - Lauf

Category:
Senioren M65 (65-69 Jahre)

Total time: 59:57

Speed: 9.01 km/h
Running performance: 6:14 min/km

Rank in course/Total: 137 (of 175)

Rank in course/Men: 100 (of 119)

Best time in course: 33:35

Rank in category: 6(of 8)

Best time in the category: 50:08

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	30:06	7:20	6	5:13	103	13:28	4.10	30:06	7:20	6	5:13	99	1:42
Loddenke	2.20	12:06	5:29	6	1:50	94	5:23	6.30	42:12	6:41	6	7:03	99	2:36
Ilseburg/Markt	3.30	17:45	5:22	6	2:46	96	7:33	9.60	59:57	6:14	6	9:49	103	26:22