



44. Brockenlauf

Ilseburg / 06.09.2014

Detailed evaluation

Post, Michael

Club: Rodenberg
Number: 572

Course: 9.60 km
9,6 km - Lauf

Category:
Senioren M50 (50-54 Jahre)

Total time: 1:00:00

Speed: 9.00 km/h
Running performance: 6:15 min/km

Rank in course/Total: 140 (of 175)

Rank in course/Men: 101 (of 119)

Best time in course: 33:35

Rank in category: 13(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		Total		Total		Total ranking	
						Pos Men	Behind Men	km	Time	min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men	
Ilsestein	4.10	31:10	7:36	15	10:46	113	14:32	4.10	31:10	7:36	13	10:46	100	2:46	
Loddenke	2.20	12:24	5:38	14	3:47	99	5:41	6.30	43:34	6:54	13	14:31	100	3:58	
Ilseburg/Markt	3.30	16:26	4:58	8	3:57	77	6:14	9.60	1:00:00	6:15	14	18:28	104	26:25	