



44. Brockenlauf  
Ilseburg / 06.09.2014

Detailed evaluation

Großhennig, Danilo

Club: HV Ilseburg  
Number: 556

Course: 9.60 km  
9,6 km - Lauf

Category:  
Senioren M30 (30-34 Jahre)

Total time: 1:00:27

Speed: 8.93 km/h  
Running performance: 6:18 min/km

Rank in course/Total: 143 (of 175)

Rank in course/Men: 103 (of 119)

Best time in course: 33:35

Rank in category: 11(of 11)

Best time in the category: 39:53

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	30:25	7:25	11	10:12	108	13:47	4.10	30:25	7:25	11	9:56	102	2:01
Loddenke	2.20	12:01	5:27	7	3:54	90	5:18	6.30	42:26	6:44	11	13:50	102	2:50
Ilseburg/Markt	3.30	18:01	5:27	11	6:44	100	7:49	9.60	1:00:27	6:17	11	20:34	106	26:52