



44. Brockenlauf
Ilseburg / 06.09.2014

Detailed evaluation

Niespor, René

Club: SV Prießnitz e.V.
Number: 526

Course: 9.60 km
9,6 km - Lauf

Category:
Senioren M40 (40-44 Jahre)

Total time: 1:01:36

Speed: 8.77 km/h
Running performance: 6:25 min/km

Rank in course/Total: 147 (of 175)

Rank in course/Men: 105 (of 119)

Best time in course: 33:35

Rank in category: 11(of 12)

Best time in the category: 45:46

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	30:18	7:23	11	7:26	107	13:40	4.10	30:18	7:23	11	7:26	104	1:54
Loddenke	2.20	12:05	5:29	10	3:00	93	5:22	6.30	42:23	6:43	11	10:14	104	2:47
Ilseburg/Markt	3.30	19:13	5:49	12	5:36	114	9:01	9.60	1:01:36	6:25	11	15:50	108	28:01