



44. Brockenlauf
Ilseburg / 06.09.2014

Detailed evaluation

Goedecke, Karsten

Club: Schiekepannelf
Number: 650

Course: 9.60 km
9,6 km - Lauf

Category:
Senioren M50 (50-54 Jahre)

Total time: 1:01:55

Speed: 8.72 km/h
Running performance: 6:27 min/km

Rank in course/Total: 149 (of 175)

Rank in course/Men: 107 (of 119)

Best time in course: 33:35

Rank in category: 14(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	30:31	7:26	14	10:07	110	13:53	4.10	30:31	7:26	14	10:07	106	2:07
Loddenke	2.20	12:49	5:49	15	4:12	105	6:06	6.30	43:20	6:52	14	14:17	106	3:44
Ilseburg/Markt	3.30	18:35	5:37	14	6:06	106	8:23	9.60	1:01:55	6:26	15	20:23	110	28:20