



44. Brockenlauf
Ilseburg / 06.09.2014

Detailed evaluation

Holz, Volker

Club: Nix tun kann jeder
Number: 615

Course: 9.60 km
9,6 km - Lauf

Category:
Senioren M45 (45-49 Jahre)

Total time: 1:04:40

Speed: 8.35 km/h
Running performance: 6:44 min/km

Rank in course/Total: 158 (of 175)

Rank in course/Men: 111 (of 119)

Best time in course: 33:35

Rank in category: 14(of 15)

Best time in the category: 44:01

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	33:30	8:10	14	10:36	115	16:52	4.10	33:30	8:10	13	10:36	110	5:06
Loddenke	2.20	12:26	5:39	13	3:43	101	5:43	6.30	45:56	7:17	13	14:19	110	6:20
Ilseburg/Markt	3.30	18:44	5:40	13	6:20	110	8:32	9.60	1:04:40	6:44	14	20:39	114	31:05