



44. Brockenlauf
Ilseburg / 06.09.2014

Detailed evaluation

Müller, Frank

Club: Wernigerode
Number: 603

Course: 3.90 km
3,9 km - Lauf

Category:
Senioren M45 (45-49 Jahre)

Total time: 21:30

Speed: 8.37 km/h
Running performance: 5:31 min/km

Rank in course/Total: 12 (of 18)

Rank in course/Men: 6 (of 10)

Best time in course: 14:30

Rank in category: 1(of 2)

Best time in the category: 21:30

Intermediate times

Stage score

Total ranking

Control	Split	Split	Split	Pos	Behind	Pos	Behind	Total	Total	Total	Pos	Behind	Pos	Behind
	km	Time	min/km	Cat.	Cat.	Men	Men	km	Time	min/km	Cat.	Cat.	Men	Men
Prinzess Ilse Que	1.90	11:26	6:01	1	-	7	4:03	1.90	11:26	6:01	1	-	6	4:03
Ilseburg/Markt	2.00	10:04	5:01	2	0:02	7	2:57	3.90	21:30	5:30	1	-	6	7:00