



44. Brockenlauf
Ilseburg / 06.09.2014

Detailed evaluation

Pohl, Reiner

Club: konig-fitness Ilseburg
Number: 585

Course: 9.60 km
9,6 km - Lauf

Category:
Senioren M45 (45-49 Jahre)

Total time: 1:14:58

Speed: 7.20 km/h
Running performance: 7:49 min/km

Rank in course/Total: 172 (of 175)

Rank in course/Men: 116 (of 119)

Best time in course: 33:35

Rank in category: 15(of 15)

Best time in the category: 44:01

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
Ilsestein	4.10	35:56	8:45	15	13:02	117	19:18	4.10	35:56	8:45	14	13:02	114	7:32
Loddenke	2.20	15:07	6:52	15	6:24	117	8:24	6.30	51:03	8:06	14	19:26	114	11:27
Ilseburg/Markt	3.30	23:55	7:14	15	11:31	119	13:43	9.60	1:14:58	7:48	15	30:57	118	41:23