



44. Brockenlauf
Ilseburg / 06.09.2014

Detailed evaluation

Kastenberg, Horst

Number: 691

Course: 9.60 km

9,6 km - Lauf

Category:

Senioren M75 (75 und älter)

Total time: 1:19:44

Speed: 7.22 km/h

Running performance: 8:19 min/km

Rank in course/Total: 174 (of 175)

Rank in course/Men: 117 (of 119)

Best time in course: 33:35

Rank in category: 1(of 1)

Best time in the category: 1:19:44

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	37:30	9:08	1	-	118	20:52	4.10	37:30	9:08	1	-	115	9:06
Loddenke	2.20	19:08	8:41	1	-	119	12:25	6.30	56:38	8:59	1	-	115	17:02
Ilseburg/Markt	3.30	23:06	7:00	1	-	116	12:54	9.60	1:19:44	8:18	1	-	119	46:09