



44. Brockenlauf
Ilseburg / 06.09.2014

Detailed evaluation

Schlanda, Benjamin

Number: 692

Course: 9.60 km

9,6 km - Lauf

Category:

Senioren M30 (30-34 Jahre)

Total time: 39:53

Speed: 13.54 km/h

Running performance: 4:09 min/km

Rank in course/Total: 5 (of 175)

Rank in course/Men: 5 (of 119)

Best time in course: 33:35

Rank in category: 1(of 11)

Best time in the category: 39:53

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	20:29	4:59	2	0:16	7	3:51	4.10	20:29	4:59	1	-	6	
Loddenke	2.20	8:07	3:41	1	-	7	1:24	6.30	28:36	4:32	1	-	6	
Ilseburg/Markt	3.30	11:17	3:25	1	-	4	1:05	9.60	39:53	4:09	1	-	5	6:18