



44. Brockenlauf
Ilseburg / 06.09.2014

Detailed evaluation

Elsner, Marcel

Club: könig-fitness Ilseburg
Number: 559

Course: 9.60 km
9,6 km - Lauf

Category:
Senioren M35 (35-39 Jahre)

Total time: 41:03

Speed: 14.03 km/h
Running performance: 4:17 min/km

Rank in course/Total: 7 (of 175)

Rank in course/Men: 6 (of 119)

Best time in course: 33:35

Rank in category: 1(of 10)

Best time in the category: 41:03

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	20:29	4:59	1	-	7	3:51	4.10	20:29	4:59	1	-	6	
Loddenke	2.20	7:56	3:36	1	-	6	1:13	6.30	28:25	4:30	1	-	7	
Ilseburg/Markt	3.30	12:38	3:49	1	-	9	2:26	9.60	41:03	4:16	1	-	6	7:28