



44. Brockenlauf
Ilsenburg / 06.09.2014

Detailed evaluation

Förste, David

Club: Bad Bikers MTB-Sport e.V.
Number: 583

Course: 9.60 km
9,6 km - Lauf

Category:
Senioren M30 (30-34 Jahre)

Total time: 41:28

Speed: 13.89 km/h
Running performance: 4:19 min/km

Rank in course/Total: 8 (of 175)

Rank in course/Men: 7 (of 119)

Best time in course: 33:35

Rank in category: 2(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	20:13	4:55	1	-	5	3:35	4.10	20:13	4:55	2			8	
Loddenke	2.20	8:09	3:42	2	0:02	8	1:26	6.30	28:22	4:30	2			8	
Ilsenburg/Markt	3.30	13:06	3:58	3	1:49	17	2:54	9.60	41:28	4:19	2	1:35		7	7:53