



44. Brockenlauf  
Ilseburg / 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: 13.02 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<br>km | Split<br>Time | Split<br>min/km | Pos<br>Cat. | Behind<br>Cat. | Stage score |               | Total ranking |               |                 |             |                |            |               |      |
|----------------|-------------|---------------|-----------------|-------------|----------------|-------------|---------------|---------------|---------------|-----------------|-------------|----------------|------------|---------------|------|
|                |             |               |                 |             |                | Pos<br>Men  | Behind<br>Men | Total<br>km   | Total<br>Time | Total<br>min/km | Pos<br>Cat. | Behind<br>Cat. | Pos<br>Men | Behind<br>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             |      |
| Ilseburg/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 |