



44. Brockenlauf
Ilseburg / 06.09.2014

Detailed evaluation

Kirchhof, Michael

Club: Veckenstedt
Number: 584

Course: 9.60 km
9,6 km - Lauf

Category:
Senioren M30 (30-34 Jahre)

Total time: 42:54

Speed: 13.43 km/h
Running performance: 4:28 min/km

Rank in course/Total: 13 (of 175)

Rank in course/Men: 12 (of 119)

Best time in course: 33:35

Rank in category: 3(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	21:40	5:17	3	1:27	14	5:02	4.10	21:40	5:17	3	1:11	13	
Loddenke	2.20	8:23	3:48	3	0:16	9	1:40	6.30	30:03	4:46	3	1:27	13	
Ilseburg/Markt	3.30	12:51	3:53	2	1:34	12	2:39	9.60	42:54	4:28	3	3:01	12	9:19