



44. Brockenlauf
Ilseburg / 06.09.2014

Detailed evaluation

Wadehn, Ricky

Club: Brockenlaufverein Ilseburg
Number: 578

Course: 9.60 km
9,6 km - Lauf

Category:
Senioren M35 (35-39 Jahre)

Total time: 42:56

Speed: 12.58 km/h
Running performance: 4:28 min/km

Rank in course/Total: 14 (of 175)

Rank in course/Men: 13 (of 119)

Best time in course: 33:35

Rank in category: 3(of 10)

Best time in the category: 41:03

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	21:35	5:15	3	1:06	13	4:57	4.10	21:35	5:15	3	1:06	14	
Loddenke	2.20	8:31	3:52	2	0:35	10	1:48	6.30	30:06	4:46	3	1:41	14	
Ilseburg/Markt	3.30	12:50	3:53	3	0:12	11	2:38	9.60	42:56	4:28	3	1:53	13	9:21