



44. Brockenlauf
Ilseburg / 06.09.2014

Detailed evaluation

Sprenger, Uwe

Number: 689

Course: 9.60 km
9,6 km - Lauf

Category:
Senioren M50 (50-54 Jahre)

Total time: 43:05

Speed: 12.53 km/h

Running performance: 4:29 min/km

Rank in course/Total: 15 (of 175)

Rank in course/Men: 14 (of 119)

Best time in course: 33:35

Rank in category: 2(of 15)

Best time in the category: 41:32

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	21:30	5:14	3	1:06	12	4:52	4.10	21:30	5:14	2	1:06	15	
Loddenke	2.20	8:37	3:54	1	-	11	1:54	6.30	30:07	4:46	2	1:04	15	
Ilseburg/Markt	3.30	12:58	3:55	2	0:29	13	2:46	9.60	43:05	4:29	2	1:33	14	9:30