



44. Brockenlauf
Ilseburg / 06.09.2014

Detailed evaluation

Mota, Ulrich

Number: 678

Course: 9.60 km

9,6 km - Lauf

Category:

Senioren M45 (45-49 Jahre)

Total time: 44:01

Speed: 12.27 km/h

Running performance: 4:35 min/km

Rank in course/Total: 17 (of 175)

Rank in course/Men: 16 (of 119)

Best time in course: 33:35

Rank in category: 1(of 15)

Best time in the category: 44:01

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	22:54	5:35	1	-	25	6:16	4.10	22:54	5:35	1	-	17	
Loddenke	2.20	8:43	3:57	1	-	14	2:00	6.30	31:37	5:01	1	-	17	
Ilseburg/Markt	3.30	12:24	3:45	1	-	7	2:12	9.60	44:01	4:35	1	-	16	10:26