



44. Brockenlauf
Ilseburg / 06.09.2014

Detailed evaluation

Dietrich, Denny

Club: Harzlauf Straßberg
Number: 595

Course: 9.60 km
9,6 km - Lauf

Category:
Senioren M35 (35-39 Jahre)

Total time: 45:11

Speed: 11.95 km/h
Running performance: 4:43 min/km

Rank in course/Total: 21 (of 175)

Rank in course/Men: 19 (of 119)

Best time in course: 33:35

Rank in category: 4(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	22:24	5:27	4	1:55	20	5:46	4.10	22:24	5:27	4	1:55	20		
Loddenke	2.20	8:59	4:04	4	1:03	18	2:16	6.30	31:23	4:58	4	2:58	20		
Ilseburg/Markt	3.30	13:48	4:10	4	1:10	22	3:36	9.60	45:11	4:42	4	4:08	19	11:36	