



44. Brockenlauf
Ilseburg / 06.09.2014

Detailed evaluation

Glase, René

Club: NSV Wernigerode
Number: 607

Course: 9.60 km
9,6 km - Lauf

Category:
Senioren M40 (40-44 Jahre)

Total time: 46:27

Speed: 11.63 km/h
Running performance: 4:50 min/km

Rank in course/Total: 26 (of 175)

Rank in course/Men: 24 (of 119)

Best time in course: 33:35

Rank in category: 2(of 12)

Best time in the category: 45:46

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 | 23:24 | 5:42 | 3 | 0:32 | 30 | 6:46 | 4.10 | 23:24 | 5:42 | 2 | 0:32 | 25 | |
| Loddenke | 2.20 | 9:12 | 4:10 | 2 | 0:07 | 25 | 2:29 | 6.30 | 32:36 | 5:10 | 2 | 0:27 | 25 | |
| Ilseburg/Markt | 3.30 | 13:51 | 4:11 | 2 | 0:14 | 23 | 3:39 | 9.60 | 46:27 | 4:50 | 2 | 0:41 | 24 | 12:52 |