



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: 12.40 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