



44. Brockenlauf
Ilseburg / 06.09.2014

Detailed evaluation

Hirsch, Matthias

Club: Wernigerode
Number: 648

Course: 9.60 km
9,6 km - Lauf

Category:
Senioren M40 (40-44 Jahre)

Total time: 47:15

Speed: 12.19 km/h
Running performance: 4:55 min/km

Rank in course/Total: 32 (of 175)

Rank in course/Men: 29 (of 119)

Best time in course: 33:35

Rank in category: 4(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	23:29	5:43	4	0:37	32	6:51	4.10	23:29	5:43	4	0:37	30	
Loddenke	2.20	9:50	4:28	4	0:45	35	3:07	6.30	33:19	5:17	4	1:10	30	
Ilseburg/Markt	3.30	13:56	4:13	3	0:19	25	3:44	9.60	47:15	4:55	4	1:29	29	13:40