



44. Brockenlauf
Ilseburg / 06.09.2014

Detailed evaluation

Sacks, Marten

Club: Straßberg
Number: 562

Course: 9.60 km
9,6 km - Lauf

Category:
Senioren M35 (35-39 Jahre)

Total time: 47:19

Speed: 11.41 km/h
Running performance: 4:56 min/km

Rank in course/Total: 33 (of 175)

Rank in course/Men: 30 (of 119)

Best time in course: 33:35

Rank in category: 5(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	23:24	5:42	6	2:55	30	6:46	4.10	23:24	5:42	5	2:55	25	
Loddenke	2.20	9:27	4:17	5	1:31	29	2:44	6.30	32:51	5:12	5	4:26	31	
Ilseburg/Markt	3.30	14:28	4:23	5	1:50	31	4:16	9.60	47:19	4:55	5	6:16	30	13:44