



44. Brockenlauf
Ilseburg / 06.09.2014

Detailed evaluation

Brüser, Lars

Club: LG Osterwieck
Number: 564

Course: 9.60 km
9,6 km - Lauf

Category:
Männer (20-29 Jahre)

Total time: 47:45

Speed: 11.31 km/h
Running performance: 4:58 min/km

Rank in course/Total: 37 (of 175)

Rank in course/Men: 33 (of 119)

Best time in course: 33:35

Rank in category: 10(of 20)

Best time in the category: 33:35

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	23:53	5:49	10	7:15	33	7:15	4.10	23:53	5:49	12			34	
Loddenke	2.20	9:52	4:29	12	3:09	38	3:09	6.30	33:45	5:21	12			34	
Ilseburg/Markt	3.30	14:00	4:14	9	3:48	26	3:48	9.60	47:45	4:58	10	14:10		33	14:10