



44. Brockenlauf
Ilseburg / 06.09.2014

Detailed evaluation

Mark, Jordan

Club: NRT

Number: 658

Course: 9.60 km

9,6 km - Lauf

Category:

Senioren M40 (40-44 Jahre)

Total time: 49:06

Speed: 11.00 km/h

Running performance: 5:07 min/km

Rank in course/Total: 41 (of 175)

Rank in course/Men: 36 (of 119)

Best time in course: 33:35

Rank in category: 5(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	23:56	5:50	5	1:04	36	7:18	4.10	23:56	5:50	5	1:04	37	
Loddenke	2.20	10:07	4:35	7	1:02	45	3:24	6.30	34:03	5:24	5	1:54	37	
Ilseburg/Markt	3.30	15:03	4:33	5	1:26	42	4:51	9.60	49:06	5:06	5	3:20	36	15:31