



44. Brockenlauf  
Ilseburg / 06.09.2014

Detailed evaluation

Isensee, Achim

Number: 696

Course: 9.60 km

9,6 km - Lauf

Category:

Senioren M60 (60-64 Jahre)

Total time: 57:05

Speed: 9.46 km/h

Running performance: 5:57 min/km

Rank in course/Total: 98 (of 175)

Rank in course/Men: 79 (of 119)

Best time in course: 33:35

Rank in category: 5(of 7)

Best time in the category: 47:29

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	29:35	7:12	5	5:09	98	12:57	4.10	29:35	7:12	6	5:09	79	1:11
Loddenke	2.20	11:44	5:19	4	2:35	83	5:01	6.30	41:19	6:33	7	7:44	118	1:43
Ilseburg/Markt	3.30	15:46	4:46	4	1:52	60	5:34	9.60	57:05	5:56	5	9:36	80	23:30