



44. Brockenlauf  
Ilseburg / 06.09.2014

Detailed evaluation

**Prygodda, Sven**

Club: SV Schauen  
Number: 515

Course: 9.60 km  
9,6 km - Lauf

Category:  
Senioren M35 (35-39 Jahre)

Total time: 49:18

Speed: 10.95 km/h  
Running performance: 5:08 min/km

Rank in course/Total: 42 (of 175)

Rank in course/Men: 37 (of 119)

Best time in course: 33:35

Rank in category: 7(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	24:38	6:00	7	4:09	41	8:00	4.10	24:38	6:00	7	4:09	38	
Loddenke	2.20	10:08	4:36	7	2:12	47	3:25	6.30	34:46	5:31	7	6:21	38	
Ilseburg/Markt	3.30	14:32	4:24	6	1:54	32	4:20	9.60	49:18	5:08	7	8:15	37	15:43