



44. Brockenlauf
Ilseburg / 06.09.2014

Detailed evaluation

Schirbel, Thomas

Club: Team Christiansen Print
Number: 589

Course: 9.60 km
9,6 km - Lauf

Category:
Senioren M30 (30-34 Jahre)

Total time: 49:42

Speed: 10.87 km/h
Running performance: 5:11 min/km

Rank in course/Total: 44 (of 175)

Rank in course/Men: 39 (of 119)

Best time in course: 33:35

Rank in category: 5(of 11)

Best time in the category: 39:53

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	24:46	6:02	5	4:33	43	8:08	4.10	24:46	6:02	5	4:17	40	
Loddenke	2.20	9:51	4:28	4	1:44	36	3:08	6.30	34:37	5:29	5	6:01	40	
Ilseburg/Markt	3.30	15:05	4:34	4	3:48	45	4:53	9.60	49:42	5:10	5	9:49	39	16:07