



44. Brockenlauf
Ilseburg / 06.09.2014

Detailed evaluation

Zick, Gunnar

Club: Rathenower Lauffreunde
Number: 514

Course: 9.60 km
9,6 km - Lauf

Category:
Senioren M45 (45-49 Jahre)

Total time: 50:16

Speed: 10.74 km/h
Running performance: 5:14 min/km

Rank in course/Total: 50 (of 175)

Rank in course/Men: 45 (of 119)

Best time in course: 33:35

Rank in category: 4(of 15)

Best time in the category: 44:01

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	24:37	6:00	4	1:43	40	7:59	4.10	24:37	6:00	4	1:43	46	
Loddenke	2.20	10:45	4:53	7	2:02	60	4:02	6.30	35:22	5:36	4	3:45	46	
Ilseburg/Markt	3.30	14:54	4:30	6	2:30	37	4:42	9.60	50:16	5:14	4	6:15	45	16:41