



44. Brockenlauf  
Ilseburg / 06.09.2014

Detailed evaluation

Meyer, Volker

Club: VfL Kloster Oesede  
Number: 568

Course: 9.60 km  
9,6 km - Lauf

Category:  
Senioren M45 (45-49 Jahre)

Total time: 50:33

Speed: 10.68 km/h  
Running performance: 5:16 min/km

Rank in course/Total: 54 (of 175)

Rank in course/Men: 47 (of 119)

Best time in course: 33:35

Rank in category: 5(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	25:27	6:12	5	2:33	52	8:49	4.10	25:27	6:12	5	2:33	48		
Loddenke	2.20	10:56	4:58	9	2:13	65	4:13	6.30	36:23	5:46	5	4:46	48		
Ilseburg/Markt	3.30	14:10	4:17	3	1:46	30	3:58	9.60	50:33	5:15	5	6:32	48	16:58	