



44. Brockenlauf
Ilseburg / 06.09.2014

Detailed evaluation

Niemann, Michael

Club: Diekholzen
Number: 520

Course: 9.60 km
9,6 km - Lauf

Category:
Senioren M40 (40-44 Jahre)

Total time: 50:40

Speed: 10.66 km/h
Running performance: 5:17 min/km

Rank in course/Total: 55 (of 175)

Rank in course/Men: 48 (of 119)

Best time in course: 33:35

Rank in category: 6(of 12)

Best time in the category: 45:46

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	25:19	6:10	6	2:27	50	8:41	4.10	25:19	6:10	6	2:27	49	
Loddenke	2.20	9:55	4:30	5	0:50	39	3:12	6.30	35:14	5:35	6	3:05	49	
Ilseburg/Markt	3.30	15:26	4:40	6	1:49	52	5:14	9.60	50:40	5:16	6	4:54	49	17:05