



44. Brockenlauf
Ilseburg / 06.09.2014

Detailed evaluation

Gömann, Gerd

Club: Warbsen
Number: 552

Course: 9.60 km
9,6 km - Lauf

Category:
Senioren M45 (45-49 Jahre)

Total time: 51:29

Speed: 11.19 km/h
Running performance: 5:22 min/km

Rank in course/Total: 58 (of 175)

Rank in course/Men: 50 (of 119)

Best time in course: 33:35

Rank in category: 6(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	26:29	6:27	7	3:35	63	9:51	4.10	26:29	6:27	6	3:35	51	
Loddenke	2.20	10:26	4:44	6	1:43	54	3:43	6.30	36:55	5:51	6	5:18	51	
Ilseburg/Markt	3.30	14:34	4:24	5	2:10	34	4:22	9.60	51:29	5:21	6	7:28	51	17:54