



44. Brockenlauf
Ilseburg / 06.09.2014

Detailed evaluation

Karnahl, Eckhard

Club: Gerbstedt / OT Augsdorf
Number: 551

Course: 9.60 km
9,6 km - Lauf

Category:
Senioren M55 (55-59 Jahre)

Total time: 51:45

Speed: 10.43 km/h
Running performance: 5:23 min/km

Rank in course/Total: 59 (of 175)

Rank in course/Men: 51 (of 119)

Best time in course: 33:35

Rank in category: 1(of 7)

Best time in the category: 51:45

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	25:20	6:10	1	-	51	8:42	4.10	25:20	6:10	1	-	52	
Loddenke	2.20	10:42	4:51	1	-	59	3:59	6.30	36:02	5:43	1	-	52	
Ilseburg/Markt	3.30	15:43	4:45	2	0:34	56	5:31	9.60	51:45	5:23	1	-	52	18:10