



44. Brockenlauf  
Ilseburg / 06.09.2014

Detailed evaluation

Dittrich, Frank

Club: Nordharz, OT Langeln  
Number: 638

Course: 9.60 km  
9,6 km - Lauf

Category:  
Senioren M45 (45-49 Jahre)

Total time: 52:15

Speed: 10.33 km/h  
Running performance: 5:26 min/km

Rank in course/Total: 63 (of 175)

Rank in course/Men: 53 (of 119)

Best time in course: 33:35

Rank in category: 8(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	26:32	6:28	8	3:38	64	9:54	4.10	26:32	6:28	8	3:38	54		
Loddenke	2.20	10:19	4:41	5	1:36	51	3:36	6.30	36:51	5:50	8	5:14	54		
Ilseburg/Markt	3.30	15:24	4:40	7	3:00	51	5:12	9.60	52:15	5:26	8	8:14	54	18:40	