



44. Brockenlauf
Ilseburg / 06.09.2014

Detailed evaluation

Bauer, Ralf

Club: Wernigerode
Number: 644

Course: 9.60 km
9,6 km - Lauf

Category:
Senioren M40 (40-44 Jahre)

Total time: 52:24

Speed: 10.99 km/h
Running performance: 5:28 min/km

Rank in course/Total: 64 (of 175)

Rank in course/Men: 54 (of 119)

Best time in course: 33:35

Rank in category: 7(of 12)

Best time in the category: 45:46

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split min/km	Pos		Behind		Total km	Total Time	Total min/km	Pos		Behind	
				Cat.	Men	Cat.	Men				Cat.	Men	Cat.	Men
Ilsestein	4.10	26:35	6:29	7	66	3:43	9:57	4.10	26:35	6:29	7	55	3:43	55
Loddenke	2.20	10:06	4:35	6	44	1:01	3:23	6.30	36:41	5:49	7	55	4:32	55
Ilseburg/Markt	3.30	15:43	4:45	7	56	2:06	5:31	9.60	52:24	5:27	7	55	6:38	18:49