



43. Brockenlauf
Ilseburg / 07.09.2013

Detailed evaluation

Fiebiger, Maik

Club: Sparkasse Ilseburg
Number: 709

Course: 9.60 km
9,6 km - Lauf

Category:
Senioren M40 (40-44 Jahre)

Total time: 48:21

Speed: 11.17 km/h
Running performance: 5:02 min/km

Rank in course/Total: 42 (of 170)

Rank in course/Men: 33 (of 111)

Best time in course: 33:31

Rank in category: 4(of 14)

Best time in the category: 45:32

Intermediate times

Stage score

Total ranking

Control	Split	Split	Split	Pos	Behind	Pos	Behind	Total	Total	Total	Pos	Behind	Pos	Behind
	km	Time	min/km	Cat.	Cat.	Men	Men	km	Time	min/km	Cat.	Cat.	Men	Men
Ilsestein	4.10	24:16	5:55	3	1:19	32	7:53	4.10	24:16	5:55	4	1:19	32	7:35
Loddenke	2.20	9:30	4:19	4	0:38	29	2:56	6.30	33:46	5:21	3	1:57	28	10:31
Ilseburg/Markt	3.30	14:35	4:25	5	1:02	38	4:22	9.60	48:21	5:02	4	2:49	33	14:50