



43. Brockenlauf
Ilseburg / 07.09.2013

Detailed evaluation

Woitschik, Volker

Club: NSV Wernigerode
Number: 646

Course: 9.60 km
9,6 km - Lauf

Category:
Senioren M45 (45-49 Jahre)

Total time: 48:48

Speed: 11.07 km/h
Running performance: 5:05 min/km

Rank in course/Total: 44 (of 170)

Rank in course/Men: 35 (of 111)

Best time in course: 33:31

Rank in category: 2(of 10)

Best time in the category: 44:11

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	23:51	5:49	2	2:07	27	7:28	4.10	23:51	5:49	2	2:07	34	7:10
Loddenke	2.20	10:02	4:33	5	1:09	38	3:28	6.30	33:53	5:22	2	3:16	34	10:38
Ilseburg/Markt	3.30	14:55	4:31	3	1:21	40	4:42	9.60	48:48	5:04	2	4:37	35	15:17