



43. Brockenlauf
Ilseburg / 07.09.2013

Detailed evaluation

Rathke, Klaus

Club: NIX tun kann JEDER
Number: 591

Course: 9.60 km
9,6 km - Lauf

Category:
Senioren M55 (55-59 Jahre)

Total time: 49:35

Speed: 11.62 km/h
Running performance: 5:10 min/km

Rank in course/Total: 48 (of 170)

Rank in course/Men: 38 (of 111)

Best time in course: 33:31

Rank in category: 2(of 13)

Best time in the category: 43:35

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	24:06	5:52	2	2:38	30	7:43	4.10	24:06	5:52	2	2:38	37	7:25	
Loddenke	2.20	10:02	4:33	2	1:41	38	3:28	6.30	34:08	5:25	2	4:19	37	10:53	
Ilseburg/Markt	3.30	15:27	4:40	5	1:41	56	5:14	9.60	49:35	5:09	2	6:00	38	16:04	