



43. Brockenlauf
Ilseburg / 07.09.2013

Detailed evaluation

Mende, Martin

Club: SV Lok Blankenburg 1949 e.V.
Number: 569

Course: 9.60 km
9,6 km - Lauf

Category:
Senioren M40 (40-44 Jahre)

Total time: 49:39

Speed: 10.88 km/h
Running performance: 5:10 min/km

Rank in course/Total: 49 (of 170)

Rank in course/Men: 39 (of 111)

Best time in course: 33:31

Rank in category: 5(of 14)

Best time in the category: 45:32

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	24:42	6:01	5	1:45	40	8:19	4.10	24:42	6:01	5	1:45	38	8:01
Loddenke	2.20	9:49	4:27	5	0:57	34	3:15	6.30	34:31	5:28	5	2:42	38	11:16
Ilseburg/Markt	3.30	15:08	4:35	6	1:35	48	4:55	9.60	49:39	5:10	5	4:07	39	16:08