



43. Brockenlauf
Ilseburg / 07.09.2013

Detailed evaluation

Wanzek, Thor

Club: Team Trollmusic - Sauerland
Number: 535

Course: 9.60 km
9,6 km - Lauf

Category:
Senioren M35 (35-39 Jahre)

Total time: 49:59

Speed: 10.80 km/h
Running performance: 5:13 min/km

Rank in course/Total: 51 (of 170)

Rank in course/Men: 41 (of 111)

Best time in course: 33:31

Rank in category: 3(of 4)

Best time in the category: 46:35

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 | 25:20 | 6:10 | 3 | 2:24 | 47 | 8:57 | 4.10 | 25:20 | 6:10 | 2 | 0:40 | 40 | 8:39 |
| Loddenke | 2.20 | 10:23 | 4:43 | 3 | 0:38 | 51 | 3:49 | 6.30 | 35:43 | 5:40 | 2 | 1:18 | 40 | 12:28 |
| Ilseburg/Markt | 3.30 | 14:16 | 4:19 | 2 | 0:28 | 31 | 4:03 | 9.60 | 49:59 | 5:12 | 3 | 3:24 | 41 | 16:28 |