



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