



43. Brockenlauf
Ilseburg / 07.09.2013

Detailed evaluation

Pulvermüller, Christian

Club: Pulvis Fitness Harsum
Number: 698

Course: 9.60 km
9,6 km - Lauf

Category:
Senioren M45 (45-49 Jahre)

Total time: 50:08

Speed: 10.77 km/h
Running performance: 5:13 min/km

Rank in course/Total: 54 (of 170)

Rank in course/Men: 44 (of 111)

Best time in course: 33:31

Rank in category: 4(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	25:45	6:16	4	4:01	53	9:22	4.10	25:45	6:16	4	4:01	43	9:04
Loddenke	2.20	9:51	4:28	3	0:58	35	3:17	6.30	35:36	5:39	4	4:59	43	12:21
Ilseburg/Markt	3.30	14:32	4:24	2	0:58	35	4:19	9.60	50:08	5:13	4	5:57	44	16:37