



43. Brockenlauf
Ilseburg / 07.09.2013

Detailed evaluation

Ochmann, Thomas

Club: Ilseburg
Number: 707

Course: 9.60 km
9,6 km - Lauf

Category:
Senioren M40 (40-44 Jahre)

Total time: 50:13

Speed: 10.75 km/h
Running performance: 5:14 min/km

Rank in course/Total: 55 (of 170)

Rank in course/Men: 45 (of 111)

Best time in course: 33:31

Rank in category: 6(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	25:35	6:14	6	2:38	49	9:12	4.10	25:35	6:14	6	2:38	44	8:54
Loddenke	2.20	10:13	4:38	7	1:21	43	3:39	6.30	35:48	5:40	6	3:59	41	12:33
Ilseburg/Markt	3.30	14:25	4:22	4	0:52	32	4:12	9.60	50:13	5:13	6	4:41	45	16:42