



43. Brockenlauf
Ilseburg / 07.09.2013

Detailed evaluation

Knoche, Bernd

Club: LSG Ascania Aschersleben
Number: 722

Course: 9.60 km
9,6 km - Lauf

Category:
Senioren M55 (55-59 Jahre)

Total time: 50:37

Speed: 10.67 km/h
Running performance: 5:16 min/km

Rank in course/Total: 57 (of 170)

Rank in course/Men: 46 (of 111)

Best time in course: 33:31

Rank in category: 3(of 13)

Best time in the category: 43:35

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	25:38	6:15	6	4:10	50	9:15	4.10	25:38	6:15	3	4:10	45	8:57
Loddenke	2.20	10:32	4:47	4	2:11	57	3:58	6.30	36:10	5:44	3	6:21	45	12:55
Ilseburg/Markt	3.30	14:27	4:22	2	0:41	34	4:14	9.60	50:37	5:16	3	7:02	46	17:06