



43. Brockenlauf
Ilseburg / 07.09.2013

Detailed evaluation

Dittrich, Frank

Club: Nordharz, OT Langeln
Number: 555

Course: 9.60 km
9,6 km - Lauf

Category:
Senioren M45 (45-49 Jahre)

Total time: 51:39

Speed: 11.15 km/h
Running performance: 5:23 min/km

Rank in course/Total: 63 (of 170)

Rank in course/Men: 51 (of 111)

Best time in course: 33:31

Rank in category: 5(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	26:18	6:24	5	4:34	56	9:55	4.10	26:18	6:24	5	4:34	50	9:37
Loddenke	2.20	10:00	4:32	4	1:07	37	3:26	6.30	36:18	5:45	5	5:41	50	13:03
Ilseburg/Markt	3.30	15:21	4:39	6	1:47	52	5:08	9.60	51:39	5:22	5	7:28	51	18:08