



43. Brockenlauf  
Ilseburg / 07.09.2013

Detailed evaluation

Leiner, Matthias

Club: Wernigerode  
Number: 720

Course: 9.60 km  
9,6 km - Lauf

Category:  
Senioren M30 (30-34 Jahre)

Total time: 51:40

Speed: 10.45 km/h  
Running performance: 5:23 min/km

Rank in course/Total: 64 (of 170)

Rank in course/Men: 52 (of 111)

Best time in course: 33:31

Rank in category: 7(of 11)

Best time in the category: 38:59

Intermediate times				Stage score				Total ranking						
Control	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men
Ilsestein	4.10	25:18	6:10	7	5:46	46	8:55	4.10	25:18	6:10	7	5:46	51	8:37
Loddenke	2.20	10:47	4:54	9	2:49	63	4:13	6.30	36:05	5:43	7	8:20	48	12:50
Ilseburg/Markt	3.30	15:35	4:43	7	4:21	60	5:22	9.60	51:40	5:22	7	12:41	52	18:09