



43. Brockenlauf
Ilsenburg / 07.09.2013

Detailed evaluation

Karnahl, Eckhard

Club: Gerbstedt / OT Augsdorf
Number: 545

Course: 9.60 km
9,6 km - Lauf

Category:
Senioren M55 (55-59 Jahre)

Total time: 52:00

Speed: 10.38 km/h
Running performance: 5:25 min/km

Rank in course/Total: 67 (of 170)

Rank in course/Men: 55 (of 111)

Best time in course: 33:31

Rank in category: 6(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	25:06	6:07	5	3:38	43	8:43	4.10	25:06	6:07	6	3:38	54	8:25
Loddenke	2.20	11:05	5:02	8	2:44	73	4:31	6.30	36:11	5:44	6	6:22	54	12:56
Ilsenburg/Markt	3.30	15:49	4:47	9	2:03	65	5:36	9.60	52:00	5:25	6	8:25	55	18:29