



43. Brockenlauf  
Ilseburg / 07.09.2013

Detailed evaluation

Förster, Norbert

Club: Niedersachsen  
Number: 691

Course: 9.60 km  
9,6 km - Lauf

Category:  
Senioren M45 (45-49 Jahre)

Total time: 52:16

Speed: 11.02 km/h  
Running performance: 5:26 min/km

Rank in course/Total: 68 (of 170)

Rank in course/Men: 56 (of 111)

Best time in course: 33:31

Rank in category: 6(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	26:22	6:25	6	4:38	57	9:59	4.10	26:22	6:25	6	4:38	55	9:41
Loddenke	2.20	10:57	4:58	7	2:04	69	4:23	6.30	37:19	5:55	6	6:42	55	14:04
Ilseburg/Markt	3.30	14:57	4:31	4	1:23	42	4:44	9.60	52:16	5:26	6	8:05	56	18:45