



43. Brockenlauf  
Ilseburg / 07.09.2013

Detailed evaluation

Dahlhaus, Ulrich

Club: NSV Wernigerode  
Number: 643

Course: 9.60 km  
9,6 km - Lauf

Category:  
Senioren M45 (45-49 Jahre)

Total time: 53:05

Speed: 10.17 km/h  
Running performance: 5:32 min/km

Rank in course/Total: 73 (of 170)

Rank in course/Men: 58 (of 111)

Best time in course: 33:31

Rank in category: 7(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	26:50	6:32	7	5:06	61	10:27	4.10	26:50	6:32	7	5:06	57	10:09
Loddenke	2.20	10:13	4:38	6	1:20	43	3:39	6.30	37:03	5:52	7	6:26	57	13:48
Ilseburg/Markt	3.30	16:02	4:51	8	2:28	70	5:49	9.60	53:05	5:31	7	8:54	58	19:34