



43. Brockenlauf
Ilseburg / 07.09.2013

Detailed evaluation

Wagner, Bernd

Club: könig-fitness Ilseburg
Number: 585

Course: 9.60 km
9,6 km - Lauf

Category:
Senioren M50 (50-54 Jahre)

Total time: 53:13

Speed: 10.15 km/h
Running performance: 5:32 min/km

Rank in course/Total: 76 (of 170)

Rank in course/Men: 60 (of 111)

Best time in course: 33:31

Rank in category: 5(of 8)

Best time in the category: 42:07

Intermediate times

Stage score

Total ranking

Control	Split	Split	Split	Pos	Behind	Pos	Behind	Total	Total	Total	Pos	Behind	Pos	Behind
	km	Time	min/km	Cat.	Cat.	Men	Men	km	Time	min/km	Cat.	Cat.	Men	Men
Ilsestein	4.10	26:16	6:24	4	5:18	55	9:53	4.10	26:16	6:24	5	5:18	59	9:35
Loddenke	2.20	10:20	4:41	4	1:44	48	3:46	6.30	36:36	5:48	5	7:02	59	13:21
Ilseburg/Markt	3.30	16:37	5:02	6	4:04	74	6:24	9.60	53:13	5:32	5	11:06	60	19:42