



43. Brockenlauf
Ilseburg / 07.09.2013

Detailed evaluation

Zerbe, Friedmar

Club: LG Silbersee Leipzig
Number: 546

Course: 9.60 km
9,6 km - Lauf

Category:
Senioren M70 (70-74 Jahre)

Total time: 53:33

Speed: 10.08 km/h
Running performance: 5:35 min/km

Rank in course/Total: 78 (of 170)

Rank in course/Men: 61 (of 111)

Best time in course: 33:31

Rank in category: 1(of 7)

Best time in the category: 53:33

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	27:29	6:42	1	-	72	11:06	4.10	27:29	6:42	1	-	60	10:48
Loddenke	2.20	10:26	4:44	1	-	54	3:52	6.30	37:55	6:01	1	-	60	14:40
Ilseburg/Markt	3.30	15:38	4:44	1	-	61	5:25	9.60	53:33	5:34	1	-	61	20:02