



43. Brockenlauf  
Ilseburg / 07.09.2013

Detailed evaluation

Rabe, Bernd

Club: Waggumer Holz  
Number: 541

Course: 9.60 km  
9,6 km - Lauf

Category:  
Senioren M55 (55-59 Jahre)

Total time: 53:43

Speed: 10.72 km/h  
Running performance: 5:36 min/km

Rank in course/Total: 81 (of 170)

Rank in course/Men: 63 (of 111)

Best time in course: 33:31

Rank in category: 8(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	27:28	6:41	9	6:00	71	11:05	4.10	27:28	6:41	8	6:00	62	10:47
Loddenke	2.20	10:50	4:55	5	2:29	66	4:16	6.30	38:18	6:04	8	8:29	62	15:03
Ilseburg/Markt	3.30	15:25	4:40	4	1:39	55	5:12	9.60	53:43	5:35	8	10:08	63	20:12