



43. Brockenlauf
Ilseburg / 07.09.2013

Detailed evaluation

Fischer, Marco

Club: SSV Plockhorst
Number: 719

Course: 9.60 km
9,6 km - Lauf

Category:
Männer (20-29 Jahre)

Total time: 53:50

Speed: 10.03 km/h
Running performance: 5:37 min/km

Rank in course/Total: 83 (of 170)

Rank in course/Men: 64 (of 111)

Best time in course: 33:31

Rank in category: 13(of 17)

Best time in the category: 33:31

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	27:31	6:42	15	11:08	73	11:08	4.10	27:31	6:42	6	4:40	63	10:50
Loddenke	2.20	11:09	5:04	14	4:35	76	4:35	6.30	38:40	6:08	6	6:01	63	15:25
Ilseburg/Markt	3.30	15:10	4:35	13	4:57	49	4:57	9.60	53:50	5:36	13	20:19	64	20:19