



43. Brockenlauf
Ilseburg / 07.09.2013

Detailed evaluation

Buchholz, Stefan

Club: Pulvis Fitness Harsum
Number: 700

Course: 9.60 km
9,6 km - Lauf

Category:
Senioren M30 (30-34 Jahre)

Total time: 54:09

Speed: 9.97 km/h
Running performance: 5:38 min/km

Rank in course/Total: 87 (of 170)

Rank in course/Men: 67 (of 111)

Best time in course: 33:31

Rank in category: 8(of 11)

Best time in the category: 38:59

Intermediate times				Stage score				Total ranking						
Control	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men
Ilsestein	4.10	28:03	6:50	9	8:31	77	11:40	4.10	28:03	6:50	8	8:31	66	11:22
Loddenke	2.20	10:26	4:44	7	2:28	54	3:52	6.30	38:29	6:06	8	10:44	66	15:14
Ilseburg/Markt	3.30	15:40	4:44	8	4:26	64	5:27	9.60	54:09	5:38	8	15:10	67	20:38