



43. Brockenlauf
Ilseburg / 07.09.2013

Detailed evaluation

Kemnah, Michael

Club: Pulvis Fitness
Number: 699

Course: 9.60 km
9,6 km - Lauf

Category:
Senioren M45 (45-49 Jahre)

Total time: 54:31

Speed: 9.91 km/h
Running performance: 5:41 min/km

Rank in course/Total: 91 (of 170)

Rank in course/Men: 70 (of 111)

Best time in course: 33:31

Rank in category: 8(of 10)

Best time in the category: 44:11

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	28:01	6:50	8	6:17	75	11:38	4.10	28:01	6:50	8	6:17	69	11:20
Loddenke	2.20	11:03	5:01	8	2:10	72	4:29	6.30	39:04	6:12	8	8:27	69	15:49
Ilseburg/Markt	3.30	15:27	4:40	7	1:53	56	5:14	9.60	54:31	5:40	8	10:20	70	21:00