



43. Brockenlauf  
Ilseburg / 07.09.2013

Detailed evaluation

Ahrend, Detlef

Club: Ilseburg  
Number: 682

Course: 9.60 km  
9,6 km - Lauf

Category:  
Senioren M55 (55-59 Jahre)

Total time: 54:32

Speed: 9.90 km/h  
Running performance: 5:41 min/km

Rank in course/Total: 92 (of 170)

Rank in course/Men: 71 (of 111)

Best time in course: 33:31

Rank in category: 9(of 13)

Best time in the category: 43:35

Intermediate times

Stage score

Total ranking

| Control        | Split<br>km | Split<br>Time | Split<br>min/km | Pos<br>Cat. | Behind<br>Cat. | Stage score |               | Total ranking |               |                 |             |                |            |               |
|----------------|-------------|---------------|-----------------|-------------|----------------|-------------|---------------|---------------|---------------|-----------------|-------------|----------------|------------|---------------|
|                |             |               |                 |             |                | Pos<br>Men  | Behind<br>Men | Total<br>km   | Total<br>Time | Total<br>min/km | Pos<br>Cat. | Behind<br>Cat. | Pos<br>Men | Behind<br>Men |
| Ilsestein      | 4.10        | 26:38         | 6:29            | 8           | 5:10           | 59          | 10:15         | 4.10          | 26:38         | 6:29            | 9           | 5:10           | 70         | 9:57          |
| Loddenke       | 2.20        | 11:05         | 5:02            | 8           | 2:44           | 73          | 4:31          | 6.30          | 37:43         | 5:59            | 9           | 7:54           | 70         | 14:28         |
| Ilseburg/Markt | 3.30        | 16:49         | 5:05            | 11          | 3:03           | 79          | 6:36          | 9.60          | 54:32         | 5:40            | 9           | 10:57          | 71         | 21:01         |