



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: 10.56 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 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	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