



43. Brockenlauf  
Ilseburg / 07.09.2013

Detailed evaluation

Grothe, Alexander

Club: KönigFitness  
Number: 676

Course: 9.60 km  
9,6 km - Lauf

Category:  
Senioren M35 (35-39 Jahre)

Total time: 54:42

Speed: 9.87 km/h  
Running performance: 5:42 min/km

Rank in course/Total: 94 (of 170)

Rank in course/Men: 72 (of 111)

Best time in course: 33:31

Rank in category: 4(of 4)

Best time in the category: 46:35

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	27:10	6:37	4	4:14	67	10:47	4.10	27:10	6:37	3	2:30	71	10:29
Loddenke	2.20	10:41	4:51	4	0:56	60	4:07	6.30	37:51	6:00	3	3:26	71	14:36
Ilseburg/Markt	3.30	16:51	5:06	4	3:03	80	6:38	9.60	54:42	5:41	4	8:07	72	21:11