



43. Brockenlauf
Ilseburg / 07.09.2013

Detailed evaluation

Hünnebeck, Norbert

Club: Hannover
Number: 658

Course: 9.60 km
9,6 km - Lauf

Category:
Senioren M50 (50-54 Jahre)

Total time: 54:54

Speed: 9.84 km/h
Running performance: 5:43 min/km

Rank in course/Total: 95 (of 170)

Rank in course/Men: 73 (of 111)

Best time in course: 33:31

Rank in category: 6(of 8)

Best time in the category: 42:07

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	27:18	6:39	5	6:20	68	10:55	4.10	27:18	6:39	6	6:20	72	10:37
Loddenke	2.20	10:26	4:44	6	1:50	54	3:52	6.30	37:44	5:59	6	8:10	72	14:29
Ilseburg/Markt	3.30	17:10	5:12	8	4:37	83	6:57	9.60	54:54	5:43	6	12:47	73	21:23