



43. Brockenlauf  
Ilseburg / 07.09.2013

Detailed evaluation

Schneider, Jörg

Club: Ilseburg  
Number: 631

Course: 9.60 km  
9,6 km - Lauf

Category:  
Senioren M40 (40-44 Jahre)

Total time: 55:01

Speed: 9.82 km/h  
Running performance: 5:44 min/km

Rank in course/Total: 97 (of 170)

Rank in course/Men: 75 (of 111)

Best time in course: 33:31

Rank in category: 9(of 14)

Best time in the category: 45:32

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	27:02	6:35	9	4:05	66	10:39	4.10	27:02	6:35	9	4:05	74	10:21
Loddenke	2.20	11:08	5:03	9	2:16	75	4:34	6.30	38:10	6:03	9	6:21	74	14:55
Ilseburg/Markt	3.30	16:51	5:06	9	3:18	80	6:38	9.60	55:01	5:43	9	9:29	75	21:30