



43. Brockenlauf  
Ilseburg / 07.09.2013

Detailed evaluation

Dr. Feist, Axel

Club: Ilseburg  
Number: 684

Course: 9.60 km  
9,6 km - Lauf

Category:  
Senioren M65 (65-69 Jahre)

Total time: 55:33

Speed: 9.72 km/h  
Running performance: 5:47 min/km

Rank in course/Total: 101 (of 170)

Rank in course/Men: 77 (of 111)

Best time in course: 33:31

Rank in category: 3(of 7)

Best time in the category: 49:54

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        | 28:01         | 6:50            | 3           | 3:29           | 75          | 11:38         | 4.10          | 28:01         | 6:50            | 3           | 3:29           | 69         | 11:20         |
| Loddenke       | 2.20        | 10:49         | 4:54            | 3           | 0:34           | 65          | 4:15          | 6.30          | 38:50         | 6:09            | 3           | 4:03           | 76         | 15:35         |
| Ilseburg/Markt | 3.30        | 16:43         | 5:03            | 3           | 1:36           | 77          | 6:30          | 9.60          | 55:33         | 5:47            | 3           | 5:39           | 77         | 22:02         |