



43. Brockenlauf  
Ilsenburg / 07.09.2013

Detailed evaluation

Dr. Feist, Axel

Club: Ilsenburg  
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 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	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
Ilsenburg/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