



43. Brockenlauf
Ilseburg / 07.09.2013

Detailed evaluation

Porwoll, Dietmar

Club: Nix Tun kann jeder
Number: 710

Course: 9.60 km
9,6 km - Lauf

Category:
Senioren M55 (55-59 Jahre)

Total time: 55:49

Speed: 9.67 km/h
Running performance: 5:49 min/km

Rank in course/Total: 103 (of 170)

Rank in course/Men: 78 (of 111)

Best time in course: 33:31

Rank in category: 10(of 13)

Best time in the category: 43:35

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 | 29:17 | 7:08 | 11 | 7:49 | 85 | 12:54 | 4.10 | 29:17 | 7:08 | 10 | 7:49 | 77 | 12:36 |
| Loddenke | 2.20 | 10:59 | 4:59 | 6 | 2:38 | 70 | 4:25 | 6.30 | 40:16 | 6:23 | 10 | 10:27 | 77 | 17:01 |
| Ilseburg/Markt | 3.30 | 15:33 | 4:42 | 7 | 1:47 | 59 | 5:20 | 9.60 | 55:49 | 5:48 | 10 | 12:14 | 78 | 22:18 |