



43. Brockenlauf
Ilseburg / 07.09.2013

Detailed evaluation

Eggers, Herbert

Club: Göttingen
Number: 563

Course: 9.60 km
9,6 km - Lauf

Category:
Senioren M55 (55-59 Jahre)

Total time: 56:08

Speed: 9.62 km/h
Running performance: 5:51 min/km

Rank in course/Total: 105 (of 170)

Rank in course/Men: 79 (of 111)

Best time in course: 33:31

Rank in category: 11(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	28:56	7:03	10	7:28	83	12:33	4.10	28:56	7:03	11	7:28	78	12:15
Loddenke	2.20	11:33	5:15	10	3:12	78	4:59	6.30	40:29	6:25	11	10:40	78	17:14
Ilseburg/Markt	3.30	15:39	4:44	8	1:53	62	5:26	9.60	56:08	5:50	11	12:33	79	22:37