



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 |