



43. Brockenlauf
Ilseburg / 07.09.2013

Detailed evaluation

Guhr, Hans-Dietmar

Club: TV Lemgo
Number: 567

Course: 9.60 km
9,6 km - Lauf

Category:
Senioren M70 (70-74 Jahre)

Total time: 57:10

Speed: 9.45 km/h
Running performance: 5:57 min/km

Rank in course/Total: 112 (of 170)

Rank in course/Men: 82 (of 111)

Best time in course: 33:31

Rank in category: 2(of 7)

Best time in the category: 53:33

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	28:13	6:52	2	0:44	79	11:50	4.10	28:13	6:52	2	0:44	81	11:32
Loddenke	2.20	12:10	5:31	3	1:44	93	5:36	6.30	40:23	6:24	2	2:28	81	17:08
Ilseburg/Markt	3.30	16:47	5:05	2	1:09	78	6:34	9.60	57:10	5:57	2	3:37	82	23:39