



43. Brockenlauf  
Ilseburg / 07.09.2013

Detailed evaluation

Grosshennig, Danilo

Club: Handballverein Ilseburg  
Number: 615

Course: 9.60 km  
9,6 km - Lauf

Category:  
Senioren M30 (30-34 Jahre)

Total time: 59:28

Speed: 9.08 km/h  
Running performance: 6:11 min/km

Rank in course/Total: 124 (of 170)

Rank in course/Men: 88 (of 111)

Best time in course: 33:31

Rank in category: 10(of 11)

Best time in the category: 38:59

Intermediate times

Stage score

Total ranking

Control	Split	Split	Split	Pos	Behind	Pos	Behind	Total	Total	Total	Pos	Behind	Pos	Behind
	km	Time	min/km	Cat.	Cat.	Men	Men	km	Time	min/km	Cat.	Cat.	Men	Men
Ilsestein	4.10	29:45	7:15	10	10:13	89	13:22	4.10	29:45	7:15	10	10:13	88	13:04
Loddenke	2.20	11:43	5:19	10	3:45	85	5:09	6.30	41:28	6:34	10	13:43	88	18:13
Ilseburg/Markt	3.30	18:00	5:27	11	6:46	92	7:47	9.60	59:28	6:11	10	20:29	88	25:57