



43. Brockenlauf
Ilseburg / 07.09.2013

Detailed evaluation

Guhr, Hagen

Club: Blomberg
Number: 703

Course: 9.60 km
9,6 km - Lauf

Category:
Senioren M35 (35-39 Jahre)

Total time: 46:35

Speed: 11.59 km/h
Running performance: 4:51 min/km

Rank in course/Total: 28 (of 170)

Rank in course/Men: 22 (of 111)

Best time in course: 33:31

Rank in category: 1(of 4)

Best time in the category: 46:35

Intermediate times

Stage score

Total ranking

Control	Intermediate times					Stage score				Total ranking					
	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men	
Ilsestein	4.10	22:56	5:35	1	-	23	6:33	4.10	22:56	5:35	4	-	90	6:15	
Loddenke	2.20	9:51	4:28	2	0:06	35	3:17	6.30	32:47	5:12	4	-	90	9:32	
Ilseburg/Markt	3.30	13:48	4:10	1	-	26	3:35	9.60	46:35	4:51	1	-	22	13:04	