



43. Brockenlauf  
Ilseburg / 07.09.2013

Detailed evaluation

Flohr, Andreas

Club: NSV-Wernigerode  
Number: 716

Course: 9.60 km  
9,6 km - Lauf

Category:  
Senioren M30 (30-34 Jahre)

Total time: 1:00:37

Speed: 8.91 km/h  
Running performance: 6:19 min/km

Rank in course/Total: 134 (of 170)

Rank in course/Men: 93 (of 111)

Best time in course: 33:31

Rank in category: 11(of 11)

Best time in the category: 38:59

Intermediate times

Stage score

Total ranking

| Control        | Split<br>km | Split<br>Time | Split<br>min/km | Pos<br>Cat. | Behind<br>Cat. | Stage score |               | Total ranking |               |                 |             |                |            |               |
|----------------|-------------|---------------|-----------------|-------------|----------------|-------------|---------------|---------------|---------------|-----------------|-------------|----------------|------------|---------------|
|                |             |               |                 |             |                | Pos<br>Men  | Behind<br>Men | Total<br>km   | Total<br>Time | Total<br>min/km | Pos<br>Cat. | Behind<br>Cat. | Pos<br>Men | Behind<br>Men |
| Ilsestein      | 4.10        | 30:51         | 7:31            | 11          | 11:19          | 94          | 14:28         | 4.10          | 30:51         | 7:31            | 11          | 11:19          | 89         | 14:10         |
| Loddenke       | 2.20        | 12:14         | 5:33            | 11          | 4:16           | 94          | 5:40          | 6.30          | 43:05         | 6:50            | 11          | 15:20          | 93         | 19:50         |
| Ilseburg/Markt | 3.30        | 17:32         | 5:18            | 10          | 6:18           | 87          | 7:19          | 9.60          | 1:00:37       | 6:18            | 11          | 21:38          | 93         | 27:06         |