



43. Brockenlauf
Ilseburg / 07.09.2013

Detailed evaluation

Bollmann, Manfred

Club: Ilseburg
Number: 566

Course: 9.60 km
9,6 km - Lauf

Category:
Senioren M60 (60-64 Jahre)

Total time: 1:01:14

Speed: 8.82 km/h
Running performance: 6:23 min/km

Rank in course/Total: 137 (of 170)

Rank in course/Men: 96 (of 111)

Best time in course: 33:31

Rank in category: 3(of 4)

Best time in the category: 46:32

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	29:59	7:18	3	5:58	91	13:36	4.10	29:59	7:18	3	5:58	96	13:18
Loddenke	2.20	12:36	5:43	4	3:33	98	6:02	6.30	42:35	6:45	3	9:31	96	19:20
Ilseburg/Markt	3.30	18:39	5:39	3	5:11	99	8:26	9.60	1:01:14	6:22	3	14:42	96	27:43