



43. Brockenlauf  
Ilseburg / 07.09.2013

Detailed evaluation

Menzel, Ulrich

Club: Hannover  
Number: 506

Course: 9.60 km  
9,6 km - Lauf

Category:  
Senioren M55 (55-59 Jahre)

Total time: 1:02:23

Speed: 8.66 km/h  
Running performance: 6:30 min/km

Rank in course/Total: 143 (of 170)

Rank in course/Men: 98 (of 111)

Best time in course: 33:31

Rank in category: 12(of 13)

Best time in the category: 43:35

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	31:02	7:34	12	9:34	98	14:39	4.10	31:02	7:34	12	9:34	98	14:21
Loddenke	2.20	12:37	5:44	12	4:16	99	6:03	6.30	43:39	6:55	12	13:50	98	20:24
Ilseburg/Markt	3.30	18:44	5:40	13	4:58	101	8:31	9.60	1:02:23	6:29	12	18:48	98	28:52