



43. Brockenlauf
Ilseburg / 07.09.2013

Detailed evaluation

Dr.Brenzel, Ullrich

Club: Rennsteiglaufverein
Number: 592

Course: 9.60 km
9,6 km - Lauf

Category:
Senioren M70 (70-74 Jahre)

Total time: 1:02:43

Speed: 8.61 km/h
Running performance: 6:32 min/km

Rank in course/Total: 144 (of 170)

Rank in course/Men: 99 (of 111)

Best time in course: 33:31

Rank in category: 4(of 7)

Best time in the category: 53:33

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	31:26	7:40	4	3:57	100	15:03	4.10	31:26	7:40	4	3:57	99	14:45
Loddenke	2.20	13:14	6:00	5	2:48	105	6:40	6.30	44:40	7:05	4	6:45	99	21:25
Ilseburg/Markt	3.30	18:03	5:28	4	2:25	94	7:50	9.60	1:02:43	6:31	4	9:10	99	29:12