



43. Brockenlauf
Ilseburg / 07.09.2013

Detailed evaluation

Märkel, Michael

Club: SV Warmsdorf 52

Number: 711

Course: 9.60 km

9,6 km - Lauf

Category:

Senioren M60 (60-64 Jahre)

Total time: 1:02:53

Speed: 8.59 km/h

Running performance: 6:33 min/km

Rank in course/Total: 145 (of 170)

Rank in course/Men: 100 (of 111)

Best time in course: 33:31

Rank in category: 4(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	31:54	7:46	4	7:53	101	15:31	4.10	31:54	7:46	4	7:53	100	15:13
Loddenke	2.20	11:37	5:16	3	2:34	82	5:03	6.30	43:31	6:54	4	10:27	100	20:16
Ilseburg/Markt	3.30	19:22	5:52	4	5:54	105	9:09	9.60	1:02:53	6:33	4	16:21	100	29:22