



43. Brockenlauf
Ilseburg / 07.09.2013

Detailed evaluation

Niespor, René

Club: SV Prießnitz e.V.
Number: 523

Course: 9.60 km
9,6 km - Lauf

Category:
Senioren M40 (40-44 Jahre)

Total time: 1:03:00

Speed: 8.57 km/h
Running performance: 6:34 min/km

Rank in course/Total: 146 (of 170)

Rank in course/Men: 101 (of 111)

Best time in course: 33:31

Rank in category: 14(of 14)

Best time in the category: 45:32

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	31:00	7:33	14	8:03	97	14:37	4.10	31:00	7:33	14	8:03	101	14:19
Loddenke	2.20	11:49	5:22	12	2:57	87	5:15	6.30	42:49	6:47	14	11:00	101	19:34
Ilseburg/Markt	3.30	20:11	6:06	14	6:38	109	9:58	9.60	1:03:00	6:33	14	17:28	101	29:29