



43. Brockenlauf
Ilseburg / 07.09.2013

Detailed evaluation

Graf, Otto

Club: LWV Potsdam
Number: 521

Course: 9.60 km
9,6 km - Lauf

Category:
Senioren M70 (70-74 Jahre)

Total time: 1:04:00

Speed: 9.00 km/h
Running performance: 6:40 min/km

Rank in course/Total: 150 (of 170)

Rank in course/Men: 103 (of 111)

Best time in course: 33:31

Rank in category: 5(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	33:01	8:03	5	5:32	103	16:38	4.10	33:01	8:03	5	5:32	103	16:20
Loddenke	2.20	12:51	5:50	4	2:25	102	6:17	6.30	45:52	7:16	5	7:57	102	22:37
Ilseburg/Markt	3.30	18:08	5:29	5	2:30	96	7:55	9.60	1:04:00	6:40	5	10:27	103	30:29