



43. Brockenlauf  
Ilseburg / 07.09.2013

Detailed evaluation

Holz, Volker

Club: Derenburg  
Number: 590

Course: 9.60 km  
9,6 km - Lauf

Category:  
Senioren M45 (45-49 Jahre)

Total time: 1:05:55

Speed: 8.19 km/h  
Running performance: 6:52 min/km

Rank in course/Total: 154 (of 170)

Rank in course/Men: 104 (of 111)

Best time in course: 33:31

Rank in category: 10(of 10)

Best time in the category: 44:11

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	33:45	8:13	10	12:01	104	17:22	4.10	33:45	8:13	10	12:01	104	17:04
Loddenke	2.20	12:46	5:48	10	3:53	101	6:12	6.30	46:31	7:23	10	15:54	104	23:16
Ilseburg/Markt	3.30	19:24	5:52	10	5:50	106	9:11	9.60	1:05:55	6:51	10	21:44	104	32:24