



43. Brockenlauf  
Ilseburg / 07.09.2013

Detailed evaluation

Soltau, Dieter

Club: Nordhausen  
Number: 570

Course: 9.60 km  
9,6 km - Lauf

Category:  
Senioren M75 (75 und älter)

Total time: 1:06:20

Speed: 8.14 km/h  
Running performance: 6:55 min/km

Rank in course/Total: 155 (of 170)

Rank in course/Men: 105 (of 111)

Best time in course: 33:31

Rank in category: 1(of 4)

Best time in the category: 1:06:20

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	34:23	8:23	1	-	106	18:00	4.10	34:23	8:23	1	-	105	17:42
Loddenke	2.20	12:44	5:47	1	-	100	6:10	6.30	47:07	7:28	1	-	105	23:52
Ilseburg/Markt	3.30	19:13	5:49	1	-	104	9:00	9.60	1:06:20	6:54	1	-	105	32:49