



43. Brockenlauf  
Ilseburg / 07.09.2013

Detailed evaluation

Hörwing, Jürgen

Club: TSV Langeoog  
Number: 687

Course: 9.60 km  
9,6 km - Lauf

Category:  
Senioren M65 (65-69 Jahre)

Total time: 1:07:03

Speed: 8.05 km/h  
Running performance: 6:59 min/km

Rank in course/Total: 156 (of 170)

Rank in course/Men: 106 (of 111)

Best time in course: 33:31

Rank in category: 7(of 7)

Best time in the category: 49:54

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	34:03	8:18	7	9:31	105	17:40	4.10	34:03	8:18	7	9:31	106	17:22
Loddenke	2.20	14:55	6:46	7	4:40	108	8:21	6.30	48:58	7:46	7	14:11	106	25:43
Ilseburg/Markt	3.30	18:05	5:28	6	2:58	95	7:52	9.60	1:07:03	6:59	7	17:09	106	33:32