



43. Brockenlauf
Ilseburg / 07.09.2013

Detailed evaluation

Willecke-Ahrens, Claus

Club: Remlingen
Number: 717

Course: 9.60 km
9,6 km - Lauf

Category:
Senioren M70 (70-74 Jahre)

Total time: 1:08:47

Speed: 7.85 km/h
Running performance: 7:10 min/km

Rank in course/Total: 160 (of 170)

Rank in course/Men: 108 (of 111)

Best time in course: 33:31

Rank in category: 7(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	35:53	8:45	7	8:24	110	19:30	4.10	35:53	8:45	7	8:24	108	19:12
Loddenke	2.20	13:42	6:13	6	3:16	106	7:08	6.30	49:35	7:52	7	11:40	108	26:20
Ilseburg/Markt	3.30	19:12	5:49	6	3:34	103	8:59	9.60	1:08:47	7:09	7	15:14	108	35:16