



43. Brockenlauf  
Ilseburg / 07.09.2013

Detailed evaluation

Kastendeich, Horst

Club: Harzgerode  
Number: 663

Course: 9.60 km  
9,6 km - Lauf

Category:  
Senioren M75 (75 und älter)

Total time: 1:10:24

Speed: 7.67 km/h  
Running performance: 7:20 min/km

Rank in course/Total: 162 (of 170)

Rank in course/Men: 109 (of 111)

Best time in course: 33:31

Rank in category: 2(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	34:24	8:23	2	0:01	107	18:01	4.10	34:24	8:23	2	0:01	109	17:43
Loddenke	2.20	16:13	7:22	3	3:29	110	9:39	6.30	50:37	8:02	2	3:30	109	27:22
Ilseburg/Markt	3.30	19:47	5:59	2	0:34	108	9:34	9.60	1:10:24	7:20	2	4:04	109	36:53