



43. Brockenlauf  
Ilseburg / 07.09.2013

Detailed evaluation

Orlishausen, Hans

Club: Rostock  
Number: 519

Course: 9.60 km  
9,6 km - Lauf

Category:  
Senioren M75 (75 und älter)

Total time: 1:11:26

Speed: 7.56 km/h  
Running performance: 7:26 min/km

Rank in course/Total: 167 (of 170)

Rank in course/Men: 110 (of 111)

Best time in course: 33:31

Rank in category: 3(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	34:39	8:27	3	0:16	108	18:16	4.10	34:39	8:27	3	0:16	110	17:58
Loddenke	2.20	15:59	7:15	2	3:15	109	9:25	6.30	50:38	8:02	3	3:31	110	27:23
Ilseburg/Markt	3.30	20:48	6:18	3	1:35	110	10:35	9.60	1:11:26	7:26	3	5:06	110	37:55