



43. Brockenlauf
Ilseburg / 07.09.2013

Detailed evaluation

Zeidler, Günther

Club: Pattensen
Number: 723

Course: 9.60 km
9,6 km - Lauf

Category:
Senioren M75 (75 und älter)

Total time: 1:24:47

Speed: 6.37 km/h
Running performance: 8:50 min/km

Rank in course/Total: 170 (of 170)

Rank in course/Men: 111 (of 111)

Best time in course: 33:31

Rank in category: 4(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	41:48	10:11	4	7:25	111	25:25	4.10	41:48	10:11	4	7:25	111	25:07
Loddenke	2.20	19:26	8:49	4	6:42	111	12:52	6.30	1:01:14	9:43	4	14:07	111	37:59
Ilseburg/Markt	3.30	23:33	7:08	4	4:20	111	13:20	9.60	1:24:47	8:49	4	18:27	111	51:16