



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 |