



43. Brockenlauf
Ilseburg / 07.09.2013

Detailed evaluation

Schalanda, Benjamin

Club: SCC Berlin
Number: 714

Course: 9.60 km
9,6 km - Lauf

Category:
Senioren M30 (30-34 Jahre)

Total time: 38:59

Speed: 13.85 km/h
Running performance: 4:04 min/km

Rank in course/Total: 7 (of 170)

Rank in course/Men: 7 (of 111)

Best time in course: 33:31

Rank in category: 1(of 11)

Best time in the category: 38:59

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	19:32	4:45	1	-	7	3:09	4.10	19:32	4:45	1	-	7	2:51
Loddenke	2.20	8:13	3:44	3	0:15	9	1:39	6.30	27:45	4:24	1	-	7	4:30
Ilseburg/Markt	3.30	11:14	3:24	1	-	6	1:01	9.60	38:59	4:03	1	-	7	5:28