



43. Brockenlauf
Ilseburg / 07.09.2013

Detailed evaluation

Mack, André

Club: BSV Egger Running Division
Number: 685

Course: 9.60 km
9,6 km - Lauf

Category:
Senioren M30 (30-34 Jahre)

Total time: 39:40

Speed: 13.61 km/h
Running performance: 4:08 min/km

Rank in course/Total: 8 (of 170)

Rank in course/Men: 8 (of 111)

Best time in course: 33:31

Rank in category: 2(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	19:51	4:50	2	0:19	8	3:28	4.10	19:51	4:50	2	0:19	8	3:10
Loddenke	2.20	8:03	3:39	2	0:05	8	1:29	6.30	27:54	4:25	2	0:09	8	4:39
Ilseburg/Markt	3.30	11:46	3:33	2	0:32	8	1:33	9.60	39:40	4:07	2	0:41	8	6:09