



43. Brockenlauf
Ilseburg / 07.09.2013

Detailed evaluation

Elsner, Marcel

Club: könig-fitness Ilseburg
Number: 583

Course: 9.60 km
9,6 km - Lauf

Category:
Senioren M30 (30-34 Jahre)

Total time: 41:41

Speed: 12.95 km/h
Running performance: 4:20 min/km

Rank in course/Total: 12 (of 170)

Rank in course/Men: 10 (of 111)

Best time in course: 33:31

Rank in category: 3(of 11)

Best time in the category: 38:59

Intermediate times

Stage score

Total ranking

Control	Split	Split	Split	Pos	Behind	Pos	Behind	Total	Total	Total	Pos	Behind	Pos	Behind
	km	Time	min/km	Cat.	Cat.	Men	Men	km	Time	min/km	Cat.	Cat.	Men	Men
Ilsestein	4.10	20:41	5:02	3	1:09	10	4:18	4.10	20:41	5:02	3	1:09	10	4:00
Loddenke	2.20	7:58	3:37	1	-	7	1:24	6.30	28:39	4:32	3	0:54	10	5:24
Ilseburg/Markt	3.30	13:02	3:56	3	1:48	12	2:49	9.60	41:41	4:20	3	2:42	10	8:10