



43. Brockenlauf
Ilseburg / 07.09.2013

Detailed evaluation

Gaede, Christian

Club: Bad Harzburg
Number: 672

Course: 9.60 km
9,6 km - Lauf

Category:
Männer (20-29 Jahre)

Total time: 42:44

Speed: 12.64 km/h
Running performance: 4:27 min/km

Rank in course/Total: 15 (of 170)

Rank in course/Men: 12 (of 111)

Best time in course: 33:31

Rank in category: 6(of 17)

Best time in the category: 33:31

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	21:38	5:16	6	5:15	14	5:15	4.10	21:38	5:16	13		12	4:57
Loddenke	2.20	8:24	3:49	6	1:50	12	1:50	6.30	30:02	4:46	13		12	6:47
Ilseburg/Markt	3.30	12:42	3:50	6	2:29	11	2:29	9.60	42:44	4:27	6	9:13	12	9:13