



43. Brockenlauf
Ilseburg / 07.09.2013

Detailed evaluation

Förste, David

Club: badbikers
Number: 525

Course: 9.60 km
9,6 km - Lauf

Category:
Senioren M30 (30-34 Jahre)

Total time: 43:04

Speed: 12.54 km/h
Running performance: 4:29 min/km

Rank in course/Total: 16 (of 170)

Rank in course/Men: 13 (of 111)

Best time in course: 33:31

Rank in category: 4(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 | 21:19 | 5:11 | 4 | 1:47 | 12 | 4:56 | 4.10 | 21:19 | 5:11 | 4 | 1:47 | 13 | 4:38 |
| Loddenke | 2.20 | 8:34 | 3:53 | 4 | 0:36 | 13 | 2:00 | 6.30 | 29:53 | 4:44 | 4 | 2:08 | 13 | 6:38 |
| Ilseburg/Markt | 3.30 | 13:11 | 3:59 | 4 | 1:57 | 16 | 2:58 | 9.60 | 43:04 | 4:29 | 4 | 4:05 | 13 | 9:33 |