



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