



43. Brockenlauf
Ilseburg / 07.09.2013

Detailed evaluation

Schierhorn, Christoph

Club: Post Wernigerode
Number: 610

Course: 9.60 km
9,6 km - Lauf

Category:
Senioren M55 (55-59 Jahre)

Total time: 43:35

Speed: 12.39 km/h
Running performance: 4:32 min/km

Rank in course/Total: 17 (of 170)

Rank in course/Men: 14 (of 111)

Best time in course: 33:31

Rank in category: 1(of 13)

Best time in the category: 43:35

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	21:28	5:14	1	-	13	5:05	4.10	21:28	5:14	1	-	14	4:47
Loddenke	2.20	8:21	3:47	1	-	11	1:47	6.30	29:49	4:43	1	-	14	6:34
Ilseburg/Markt	3.30	13:46	4:10	1	-	24	3:33	9.60	43:35	4:32	1	-	14	10:04