



43. Brockenlauf
Ilseburg / 07.09.2013

Detailed evaluation

Kortonnen, Göran

Club: NSV Wernigerode
Number: 704

Course: 9.60 km
9,6 km - Lauf

Category:
Senioren M45 (45-49 Jahre)

Total time: 44:11

Speed: 12.22 km/h
Running performance: 4:36 min/km

Rank in course/Total: 20 (of 170)

Rank in course/Men: 16 (of 111)

Best time in course: 33:31

Rank in category: 1(of 10)

Best time in the category: 44:11

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	21:44	5:18	1	-	16	5:21	4.10	21:44	5:18	1	-	16	5:03
Loddenke	2.20	8:53	4:02	1	-	18	2:19	6.30	30:37	4:51	1	-	16	7:22
Ilseburg/Markt	3.30	13:34	4:06	1	-	19	3:21	9.60	44:11	4:36	1	-	16	10:40