



43. Brockenlauf
Ilseburg / 07.09.2013

Detailed evaluation

Lippe, Michael

Club: Harz-Gebirgslauf Wernigerode
Number: 603

Course: 9.60 km
9,6 km - Lauf

Category:
Senioren M40 (40-44 Jahre)

Total time: 45:32

Speed: 11.86 km/h
Running performance: 4:44 min/km

Rank in course/Total: 23 (of 170)

Rank in course/Men: 18 (of 111)

Best time in course: 33:31

Rank in category: 1(of 14)

Best time in the category: 45:32

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	22:57	5:35	1	-	24	6:34	4.10	22:57	5:35	1	-	18	6:16
Loddenke	2.20	8:52	4:01	1	-	17	2:18	6.30	31:49	5:03	1	-	18	8:34
Ilseburg/Markt	3.30	13:43	4:09	3	0:10	22	3:30	9.60	45:32	4:44	1	-	18	12:01