



43. Brockenlauf
Ilseburg / 07.09.2013

Detailed evaluation

Portwig, Ansgo

Club: Goslar
Number: 533

Course: 9.60 km
9,6 km - Lauf

Category:
Senioren M60 (60-64 Jahre)

Total time: 46:32

Speed: 11.60 km/h
Running performance: 4:51 min/km

Rank in course/Total: 26 (of 170)

Rank in course/Men: 21 (of 111)

Best time in course: 33:31

Rank in category: 1(of 4)

Best time in the category: 46:32

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	24:01	5:51	1	-	29	7:38	4.10	24:01	5:51	1	-	21	7:20
Loddenke	2.20	9:03	4:06	1	-	20	2:29	6.30	33:04	5:14	1	-	21	9:49
Ilseburg/Markt	3.30	13:28	4:04	1	-	17	3:15	9.60	46:32	4:50	1	-	21	13:01