



43. Brockenlauf
Ilseburg / 07.09.2013

Detailed evaluation

Brüser, Lars

Club: Osterwieck
Number: 589

Course: 9.60 km
9,6 km - Lauf

Category:
Männer (20-29 Jahre)

Total time: 47:05

Speed: 11.47 km/h
Running performance: 4:54 min/km

Rank in course/Total: 33 (of 170)

Rank in course/Men: 27 (of 111)

Best time in course: 33:31

Rank in category: 10(of 17)

Best time in the category: 33:31

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	24:08	5:53	11	7:45	31	7:45	4.10	24:08	5:53	9	1:17	26	7:27
Loddenke	2.20	9:47	4:26	10	3:13	32	3:13	6.30	33:55	5:23	9	1:16	26	10:40
Ilseburg/Markt	3.30	13:10	3:59	7	2:57	15	2:57	9.60	47:05	4:54	10	13:34	27	13:34