



43. Brockenlauf
Ilseburg / 07.09.2013

Detailed evaluation

Kuthe-Schulz, Birger

Club: Ilseburg
Number: 548

Course: 9.60 km
9,6 km - Lauf

Category:
Senioren M40 (40-44 Jahre)

Total time: 47:20

Speed: 11.41 km/h
Running performance: 4:56 min/km

Rank in course/Total: 36 (of 170)

Rank in course/Men: 29 (of 111)

Best time in course: 33:31

Rank in category: 3(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	24:31	5:58	4	1:34	36	8:08	4.10	24:31	5:58	3	1:34	28	7:50
Loddenke	2.20	9:15	4:12	3	0:23	25	2:41	6.30	33:46	5:21	3	1:57	28	10:31
Ilseburg/Markt	3.30	13:34	4:06	2	0:01	19	3:21	9.60	47:20	4:55	3	1:48	29	13:49