



43. Brockenlauf

Ilseburg / 07.09.2013

Detailed evaluation

Mehlfeld, Dennis

Club: Laufteam Haspa Marathon Hamburg
Number: 118

Course: 26.20 km
26,2 km - Lauf

Category:
Männer (20-29 Jahre)

Total time: 1:45:44

Speed: 14.75 km/h
Running performance: 4:02 min/km

Rank in course/Total: 3 (of 456)

Rank in course/Men: 3 (of 399)

Best time in course: 1:39:03

Rank in category: 2(of 40)

Best time in the category: 1:41:42

Intermediate times					Stage score				Total ranking					
Control	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men
Loddenke	3.30	13:27	4:04	3	0:56	5	0:56	3.30	13:27	4:04	22		3	0:52
Schlüsie	3.10	14:37	4:42	2	1:15	4	1:15	6.40	28:04	4:23	22		3	2:04
Hermannsklippe	2.60	12:33	4:49	2	1:00	3	1:00	9.00	40:37	4:30	22		3	2:57
Brocken	3.10	19:59	6:26	2	1:58	3	1:58	12.10	1:00:36	5:00	22		3	4:32
Eiserner Handwe	3.60	12:03	3:20	1	-	1	-	15.70	1:12:39	4:37	22		3	4:29
Schlüsie	4.10	11:22	2:46	1	-	2	0:24	19.80	1:24:01	4:14	22		3	4:53
Loddenke	3.10	10:07	3:15	1	-	2	0:43	22.90	1:34:08	4:06	22		3	5:36
Ilseburg/Markt	3.30	11:36	3:30	2	0:10	3	1:05	26.20	1:45:44	4:02	2	4:02	3	6:41