



43. Brockenlauf
Ilseburg / 07.09.2013

Detailed evaluation

Brandt, Tewes

Club: Delligser SC
Number: 336

Course: 26.20 km
26,2 km - Lauf

Category:
Senioren M40 (40-44 Jahre)

Total time: 1:50:22

Speed: 14.13 km/h
Running performance: 4:13 min/km

Rank in course/Total: 4 (of 456)

Rank in course/Men: 4 (of 399)

Best time in course: 1:39:03

Rank in category: 1(of 55)

Best time in the category: 1:50:22

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	13:52	4:12	3	0:29	8	1:21	3.30	13:52	4:12	43		4	1:17
Schlüsie	3.10	14:52	4:47	2	0:25	6	1:30	6.40	28:44	4:29	43		4	2:44
Hermannsklippe	2.60	13:01	5:00	2	0:01	6	1:28	9.00	41:45	4:38	43		4	4:05
Brocken	3.10	20:18	6:32	1	-	4	2:17	12.10	1:02:03	5:07	43		4	5:59
Eiserner Handwe	3.60	13:18	3:41	1	-	6	1:15	15.70	1:15:21	4:47	43		4	7:11
Schlüsie	4.10	12:22	3:00	1	-	5	1:24	19.80	1:27:43	4:25	43		4	8:35
Loddenke	3.10	10:32	3:23	1	-	4	1:08	22.90	1:38:15	4:17	43		4	9:43
Ilseburg/Markt	3.30	12:07	3:40	1	-	4	1:36	26.20	1:50:22	4:12	1	-	4	11:19