



43. Brockenlauf
Ilsenburg / 07.09.2013

Detailed evaluation

Reinecke, Frank

Club: Brockenlaufverein Ilsenburg
Number: 111

Course: 26.20 km
26,2 km - Lauf

Category:
Senioren M40 (40-44 Jahre)

Total time: 2:00:11

Speed: 12.98 km/h
Running performance: 4:35 min/km

Rank in course/Total: 13 (of 456)

Rank in course/Men: 13 (of 399)

Best time in course: 1:39:03

Rank in category: 4(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	14:03	4:15	4	0:40	10	1:32	3.30	14:03	4:15	32		13	1:28
Schlüsie	3.10	15:57	5:08	4	1:30	13	2:35	6.40	30:00	4:41	31		11	4:00
Hermannsklippe	2.60	13:59	5:22	4	0:59	12	2:26	9.00	43:59	4:53	32		13	6:19
Brocken	3.10	22:57	7:24	5	2:39	19	4:56	12.10	1:06:56	5:31	32		13	10:52
Eiserner Handwe	3.60	14:04	3:54	3	0:46	9	2:01	15.70	1:21:00	5:09	32		13	12:50
Schlüsie	4.10	13:54	3:23	6	1:32	18	2:56	19.80	1:34:54	4:47	32		13	15:46
Loddenke	3.10	11:41	3:46	5	1:09	16	2:17	22.90	1:46:35	4:39	32		13	18:03
Ilsenburg/Markt	3.30	13:36	4:07	9	1:29	32	3:05	26.20	2:00:11	4:35	4	9:49	13	21:08