



43. Brockenlauf
Ilseburg / 07.09.2013

Detailed evaluation

Siefke, Martin

Club: Flachland-Leipziger
Number: 227

Course: 26.20 km
26,2 km - Lauf

Category:
Männer (20-29 Jahre)

Total time: 2:01:54

Speed: 12.80 km/h
Running performance: 4:39 min/km

Rank in course/Total: 15 (of 456)

Rank in course/Men: 15 (of 399)

Best time in course: 1:39:03

Rank in category: 6(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	14:47	4:28	7	2:16	18	2:16	3.30	14:47	4:28	26		15	2:12
Schlüsie	3.10	16:13	5:13	8	2:51	18	2:51	6.40	31:00	4:50	26		15	5:00
Hermannsklippe	2.60	14:23	5:31	6	2:50	19	2:50	9.00	45:23	5:02	26		15	7:43
Brocken	3.10	23:18	7:30	7	5:17	20	5:17	12.10	1:08:41	5:40	26		15	12:37
Eiserner Handwe	3.60	14:38	4:03	7	2:35	17	2:35	15.70	1:23:19	5:18	26		15	15:09
Schlüsie	4.10	14:11	3:27	8	2:49	22	3:13	19.80	1:37:30	4:55	26		15	18:22
Loddenke	3.10	11:32	3:43	5	1:25	13	2:08	22.90	1:49:02	4:45	26		15	20:30
Ilseburg/Markt	3.30	12:52	3:53	7	1:26	16	2:21	26.20	2:01:54	4:39	6	20:12	15	22:51