



43. Brockenlauf
Ilseburg / 07.09.2013

Detailed evaluation

Weinholz, Dieter

Club: SV Brenkhausen/Brosseborn
Number: 463

Course: 26.20 km
26,2 km - Lauf

Category:
Senioren M50 (50-54 Jahre)

Total time: 2:02:34

Speed: 12.73 km/h
Running performance: 4:41 min/km

Rank in course/Total: 17 (of 456)

Rank in course/Men: 17 (of 399)

Best time in course: 1:39:03

Rank in category: 1(of 63)

Best time in the category: 2:02:34

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	14:48	4:29	1	-	21	2:17	3.30	14:48	4:29	49		17	2:13
Schlüsie	3.10	16:21	5:16	1	-	24	2:59	6.40	31:09	4:52	49		17	5:09
Hermannsklippe	2.60	14:17	5:29	1	-	15	2:44	9.00	45:26	5:02	49		14	7:46
Brocken	3.10	23:31	7:35	2	0:36	21	5:30	12.10	1:08:57	5:41	49		17	12:53
Eiserner Handwe	3.60	14:43	4:05	1	-	20	2:40	15.70	1:23:40	5:19	49		17	15:30
Schlüsie	4.10	13:44	3:20	1	-	14	2:46	19.80	1:37:24	4:55	49		17	18:16
Loddenke	3.10	11:51	3:49	2	0:06	20	2:27	22.90	1:49:15	4:46	49		17	20:43
Ilseburg/Markt	3.30	13:19	4:02	2	0:11	23	2:48	26.20	2:02:34	4:40	1	-	17	23:31