



43. Brockenlauf  
Ilseburg / 07.09.2013

Detailed evaluation

Kahde, Jörg

Club: Laufclub Burgwedel  
Number: 123

Course: 26.20 km  
26,2 km - Lauf

Category:  
Senioren M45 (45-49 Jahre)

Total time: 2:03:48

Speed: 12.60 km/h  
Running performance: 4:44 min/km

Rank in course/Total: 19 (of 456)

Rank in course/Men: 19 (of 399)

Best time in course: 1:39:03

Rank in category: 3(of 99)

Best time in the category: 2:00:26

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	14:49	4:29	4	0:37	22	2:18	3.30	14:49	4:29	74		19	2:14	
Schlüsie	3.10	16:21	5:16	4	0:17	24	2:59	6.40	31:10	4:52	74		19	5:10	
Hermannsklippe	2.60	14:27	5:33	3	0:12	20	2:54	9.00	45:37	5:04	74		19	7:57	
Brocken	3.10	23:59	7:44	5	1:21	28	5:58	12.10	1:09:36	5:45	74		19	13:32	
Eiserner Handwe	3.60	14:45	4:05	2	0:22	21	2:42	15.70	1:24:21	5:22	74		19	16:11	
Schlüsie	4.10	14:14	3:28	3	0:14	24	3:16	19.80	1:38:35	4:58	74		19	19:27	
Loddenke	3.10	11:59	3:51	3	0:50	24	2:35	22.90	1:50:34	4:49	74		19	22:02	
Ilseburg/Markt	3.30	13:14	4:00	2	1:07	20	2:43	26.20	2:03:48	4:43	3	3:22	19	24:45	