



43. Brockenlauf
Ilseburg / 07.09.2013

Detailed evaluation

Hoffmann, Matthias

Club: LT Oker
Number: 473

Course: 26.20 km
26,2 km - Lauf

Category:
Senioren M50 (50-54 Jahre)

Total time: 2:04:01

Speed: 12.58 km/h
Running performance: 4:44 min/km

Rank in course/Total: 20 (of 456)

Rank in course/Men: 20 (of 399)

Best time in course: 1:39:03

Rank in category: 2(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	15:19	4:38	2	0:31	32	2:48	3.30	15:19	4:38	34		20	2:44
Schlüsie	3.10	16:30	5:19	2	0:09	28	3:08	6.40	31:49	4:58	34		20	5:49
Hermannsklippe	2.60	14:43	5:39	2	0:26	30	3:10	9.00	46:32	5:10	34		20	8:52
Brocken	3.10	22:55	7:23	1	-	18	4:54	12.10	1:09:27	5:44	34		20	13:23
Eiserner Handwe	3.60	15:10	4:12	3	0:27	31	3:07	15.70	1:24:37	5:23	34		20	16:27
Schlüsie	4.10	14:31	3:32	2	0:47	25	3:33	19.80	1:39:08	5:00	34		20	20:00
Loddenke	3.10	11:45	3:47	1	-	17	2:21	22.90	1:50:53	4:50	34		20	22:21
Ilseburg/Markt	3.30	13:08	3:58	1	-	19	2:37	26.20	2:04:01	4:44	2	1:27	20	24:58