



43. Brockenlauf  
Ilseburg / 07.09.2013

Detailed evaluation

Raz, Andre

Club: Drübeck  
Number: 420

Course: 26.20 km  
26,2 km - Lauf

Category:  
Senioren M30 (30-34 Jahre)

Total time: 2:04:52

Speed: 12.59 km/h  
Running performance: 4:46 min/km

Rank in course/Total: 22 (of 456)

Rank in course/Men: 22 (of 399)

Best time in course: 1:39:03

Rank in category: 2(of 32)

Best time in the category: 1:39:03

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	15:37	4:43	5	3:02	39	3:06	3.30	15:37	4:43	26		22	3:02
Schlüsie	3.10	16:52	5:26	5	3:27	36	3:30	6.40	32:29	5:04	32		22	6:29
Hermannsklippe	2.60	14:17	5:29	2	2:37	15	2:44	9.00	46:46	5:11	32		22	9:06
Brocken	3.10	22:41	7:19	2	4:17	15	4:40	12.10	1:09:27	5:44	32		20	13:23
Eiserner Handwe	3.60	15:11	4:13	4	3:05	32	3:08	15.70	1:24:38	5:23	32		22	16:28
Schlüsie	4.10	14:33	3:32	3	3:35	26	3:35	19.80	1:39:11	5:00	32		22	20:03
Loddenke	3.10	11:55	3:50	3	2:31	22	2:31	22.90	1:51:06	4:51	32		22	22:34
Ilseburg/Markt	3.30	13:46	4:10	5	3:15	38	3:15	26.20	2:04:52	4:45	2	25:49	22	25:49