



43. Brockenlauf
Ilseburg / 07.09.2013

Detailed evaluation

Rinke, Steven

Club: FSG Drübeck
Number: 213

Course: 26.20 km
26,2 km - Lauf

Category:
Männer (20-29 Jahre)

Total time: 2:04:58

Speed: 12.48 km/h
Running performance: 4:46 min/km

Rank in course/Total: 23 (of 456)

Rank in course/Men: 23 (of 399)

Best time in course: 1:39:03

Rank in category: 8(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	15:00	4:32	10	2:29	29	2:29	3.30	15:00	4:32	28		23	2:25
Schlüsie	3.10	16:31	5:19	11	3:09	29	3:09	6.40	31:31	4:55	28		23	5:31
Hermannsklippe	2.60	14:39	5:38	10	3:06	26	3:06	9.00	46:10	5:07	28		23	8:30
Brocken	3.10	23:42	7:38	8	5:41	24	5:41	12.10	1:09:52	5:46	28		23	13:48
Eiserner Handwe	3.60	14:40	4:04	8	2:37	19	2:37	15.70	1:24:32	5:23	28		23	16:22
Schlüsie	4.10	14:00	3:24	7	2:38	19	3:02	19.80	1:38:32	4:58	28		23	19:24
Loddenke	3.10	12:30	4:01	10	2:23	35	3:06	22.90	1:51:02	4:50	28		23	22:30
Ilseburg/Markt	3.30	13:56	4:13	9	2:30	44	3:25	26.20	2:04:58	4:46	8	23:16	23	25:55