



43. Brockenlauf  
Ilseburg / 07.09.2013

Detailed evaluation

Derksen, Ronald

Club: AV Veluwe-NL  
Number: 269

Course: 26.20 km  
26,2 km - Lauf

Category:  
Senioren M40 (40-44 Jahre)

Total time: 2:06:30

Speed: 12.33 km/h  
Running performance: 4:50 min/km

Rank in course/Total: 29 (of 456)

Rank in course/Men: 29 (of 399)

Best time in course: 1:39:03

Rank in category: 7(of 55)

Best time in the category: 1:50:22

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	13:37	4:07	2	0:14	7	1:06	3.30	13:37	4:07	35		29	1:02
Schlüsie	3.10	16:42	5:23	7	2:15	32	3:20	6.40	30:19	4:44	35		29	4:19
Hermannsklippe	2.60	14:19	5:30	5	1:19	17	2:46	9.00	44:38	4:57	35		29	6:58
Brocken	3.10	26:18	8:29	14	6:00	72	8:17	12.10	1:10:56	5:51	35		29	14:52
Eiserner Handwe	3.60	14:52	4:07	5	1:34	24	2:49	15.70	1:25:48	5:27	35		29	17:38
Schlüsie	4.10	15:01	3:39	9	2:39	42	4:03	19.80	1:40:49	5:05	35		29	21:41
Loddenke	3.10	12:22	3:59	8	1:50	30	2:58	22.90	1:53:11	4:56	35		29	24:39
Ilseburg/Markt	3.30	13:19	4:02	6	1:12	23	2:48	26.20	2:06:30	4:49	7	16:08	29	27:27