



43. Brockenlauf

Ilseburg / 07.09.2013

Detailed evaluation

Cäsar, Christian

Club: Harz-Gebirgslauf Wernigerode
Number: 337

Course: 26.20 km
26,2 km - Lauf

Category:
Senioren M30 (30-34 Jahre)

Total time: 2:07:50

Speed: 12.20 km/h
Running performance: 4:53 min/km

Rank in course/Total: 30 (of 456)

Rank in course/Men: 30 (of 399)

Best time in course: 1:39:03

Rank in category: 5(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	15:33	4:42	3	2:58	36	3:02	3.30	15:33	4:42	28		30	2:58
Schlüsie	3.10	17:17	5:34	6	3:52	46	3:55	6.40	32:50	5:07	29		30	6:50
Hermannsklippe	2.60	15:32	5:58	8	3:52	52	3:59	9.00	48:22	5:22	29		30	10:42
Brocken	3.10	24:35	7:55	4	6:11	33	6:34	12.10	1:12:57	6:01	29		30	16:53
Eiserner Handwe	3.60	15:21	4:15	5	3:15	34	3:18	15.70	1:28:18	5:37	29		30	20:08
Schlüsie	4.10	14:35	3:33	4	3:37	30	3:37	19.80	1:42:53	5:11	29		30	23:45
Loddenke	3.10	12:28	4:01	5	3:04	33	3:04	22.90	1:55:21	5:02	29		30	26:49
Ilseburg/Markt	3.30	12:29	3:46	2	1:58	9	1:58	26.20	2:07:50	4:52	5	28:47	30	28:47