



43. Brockenlauf
Ilseburg / 07.09.2013

Detailed evaluation

Cherek, Uwe

Club: Turnerbund Hamburg Eilbeck
Number: 23

Course: 26.20 km
26,2 km - Lauf

Category:
Senioren M45 (45-49 Jahre)

Total time: 2:08:04

Speed: 12.18 km/h
Running performance: 4:53 min/km

Rank in course/Total: 31 (of 456)

Rank in course/Men: 31 (of 399)

Best time in course: 1:39:03

Rank in category: 5(of 99)

Best time in the category: 2:00:26

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	15:03	4:33	7	0:51	30	2:32	3.30	15:03	4:33	72		31	2:28
Schlüsie	3.10	16:55	5:27	5	0:51	38	3:33	6.40	31:58	4:59	72		31	5:58
Hermannsklippe	2.60	15:39	6:01	9	1:24	56	4:06	9.00	47:37	5:17	72		31	9:57
Brocken	3.10	23:40	7:38	4	1:02	23	5:39	12.10	1:11:17	5:53	72		31	15:13
Eiserner Handwe	3.60	14:58	4:09	5	0:35	28	2:55	15.70	1:26:15	5:29	72		31	18:05
Schlüsie	4.10	14:34	3:33	4	0:34	27	3:36	19.80	1:40:49	5:05	72		29	21:41
Loddenke	3.10	12:32	4:02	7	1:23	40	3:08	22.90	1:53:21	4:56	72		31	24:49
Ilseburg/Markt	3.30	14:43	4:27	18	2:36	82	4:12	26.20	2:08:04	4:53	5	7:38	31	29:01