



43. Brockenlauf
Ilseburg / 07.09.2013

Detailed evaluation

Jürries, Frank

Club: Dresdner Durchläufer
Number: 40

Course: 26.20 km
26,2 km - Lauf

Category:
Senioren M40 (40-44 Jahre)

Total time: 2:09:02

Speed: 12.09 km/h
Running performance: 4:55 min/km

Rank in course/Total: 34 (of 456)

Rank in course/Men: 34 (of 399)

Best time in course: 1:39:03

Rank in category: 8(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	15:50	4:47	11	2:27	53	3:19	3.30	15:50	4:47	36		34	3:15
Schlüsie	3.10	17:27	5:37	9	3:00	53	4:05	6.40	33:17	5:12	36		26	7:17
Hermannsklippe	2.60	15:11	5:50	8	2:11	40	3:38	9.00	48:28	5:23	36		34	10:48
Brocken	3.10	23:53	7:42	6	3:35	27	5:52	12.10	1:12:21	5:58	36		34	16:17
Eiserner Handwe	3.60	15:35	4:19	8	2:17	41	3:32	15.70	1:27:56	5:36	36		34	19:46
Schlüsie	4.10	15:05	3:40	10	2:43	47	4:07	19.80	1:43:01	5:12	36		34	23:53
Loddenke	3.10	12:31	4:02	9	1:59	39	3:07	22.90	1:55:32	5:02	36		34	27:00
Ilseburg/Markt	3.30	13:30	4:05	7	1:23	30	2:59	26.20	2:09:02	4:55	8	18:40	34	29:59