



43. Brockenlauf
Ilseburg / 07.09.2013

Detailed evaluation

Friedrich, Ronny

Club: Lauffreunde Friedrich
Number: 131

Course: 26.20 km
26,2 km - Lauf

Category:
Senioren M40 (40-44 Jahre)

Total time: 2:09:04

Speed: 12.09 km/h
Running performance: 4:56 min/km

Rank in course/Total: 35 (of 456)

Rank in course/Men: 35 (of 399)

Best time in course: 1:39:03

Rank in category: 9(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	15:44	4:46	9	2:21	45	3:13	3.30	15:44	4:46	37		35	3:09
Schlüsie	3.10	16:44	5:23	8	2:17	34	3:22	6.40	32:28	5:04	37		35	6:28
Hermannsklippe	2.60	15:18	5:53	9	2:18	45	3:45	9.00	47:46	5:18	37		35	10:06
Brocken	3.10	25:51	8:20	12	5:33	61	7:50	12.10	1:13:37	6:05	37		35	17:33
Eiserner Handwe	3.60	15:49	4:23	10	2:31	49	3:46	15.70	1:29:26	5:41	37		35	21:16
Schlüsie	4.10	14:12	3:27	7	1:50	23	3:14	19.80	1:43:38	5:14	37		35	24:30
Loddenke	3.10	12:11	3:55	7	1:39	27	2:47	22.90	1:55:49	5:03	37		35	27:17
Ilseburg/Markt	3.30	13:15	4:00	5	1:08	21	2:44	26.20	2:09:04	4:55	9	18:42	35	30:01