



43. Brockenlauf
Ilseburg / 07.09.2013

Detailed evaluation

Ragoß, Daniel

Club: NSV Wernigerode
Number: 380

Course: 26.20 km
26,2 km - Lauf

Category:
Männer (20-29 Jahre)

Total time: 2:10:31

Speed: 11.95 km/h
Running performance: 4:59 min/km

Rank in course/Total: 37 (of 456)

Rank in course/Men: 37 (of 399)

Best time in course: 1:39:03

Rank in category: 10(of 40)

Best time in the category: 1:41:42

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	15:37	4:43	13	3:06	39	3:06	3.30	15:37	4:43	30		22	3:02
Schlüsie	3.10	17:23	5:36	14	4:01	50	4:01	6.40	33:00	5:09	30		37	7:00
Hermannsklippe	2.60	15:23	5:54	13	3:50	48	3:50	9.00	48:23	5:22	30		33	10:43
Brocken	3.10	23:48	7:40	9	5:47	26	5:47	12.10	1:12:11	5:57	30		37	16:07
Eiserner Handwe	3.60	16:16	4:31	14	4:13	67	4:13	15.70	1:28:27	5:38	30		37	20:17
Schlüsie	4.10	15:23	3:45	13	4:01	57	4:25	19.80	1:43:50	5:14	30		37	24:42
Loddenke	3.10	12:32	4:02	11	2:25	40	3:08	22.90	1:56:22	5:04	21		37	27:50
Ilseburg/Markt	3.30	14:09	4:17	10	2:43	52	3:38	26.20	2:10:31	4:58	10	28:49	37	31:28