



43. Brockenlauf
Ilseburg / 07.09.2013

Detailed evaluation

Holland, Marcel

Club: WSV Benneckenstein
Number: 285

Course: 26.20 km
26,2 km - Lauf

Category:
Senioren M30 (30-34 Jahre)

Total time: 2:10:49

Speed: 11.93 km/h
Running performance: 4:59 min/km

Rank in course/Total: 39 (of 456)

Rank in course/Men: 39 (of 399)

Best time in course: 1:39:03

Rank in category: 6(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	17:18	5:34	7	3:53	47	3:56	6.40	32:51	5:07	28		38	6:51
Hermannsklippe	2.60	15:20	5:53	7	3:40	46	3:47	9.00	48:11	5:21	28		38	10:31
Brocken	3.10	24:54	8:01	6	6:30	42	6:53	12.10	1:13:05	6:02	28		38	17:01
Eiserner Handwe	3.60	15:27	4:17	6	3:21	36	3:24	15.70	1:28:32	5:38	28		38	20:22
Schlüsie	4.10	15:01	3:39	6	4:03	42	4:03	19.80	1:43:33	5:13	28		38	24:25
Loddenke	3.10	12:46	4:07	6	3:22	52	3:22	22.90	1:56:19	5:04	28		38	27:47
Ilseburg/Markt	3.30	14:30	4:23	7	3:59	68	3:59	26.20	2:10:49	4:59	6	31:46	39	31:46