



43. Brockenlauf
Ilseburg / 07.09.2013

Detailed evaluation

Albrecht, Lars

Club: Team Erdinger Alkoholfrei
Number: 423

Course: 26.20 km
26,2 km - Lauf

Category:
Männer (20-29 Jahre)

Total time: 2:10:52

Speed: 11.92 km/h
Running performance: 4:59 min/km

Rank in course/Total: 40 (of 456)

Rank in course/Men: 40 (of 399)

Best time in course: 1:39:03

Rank in category: 11(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	15:34	4:43	12	3:03	38	3:03	3.30	15:34	4:43	21		39	2:59
Schlüsie	3.10	17:16	5:34	13	3:54	43	3:54	6.40	32:50	5:07	21		30	6:50
Hermannsklippe	2.60	15:32	5:58	14	3:59	52	3:59	9.00	48:22	5:22	21		30	10:42
Brocken	3.10	24:35	7:55	12	6:34	33	6:34	12.10	1:12:57	6:01	21		30	16:53
Eiserner Handwe	3.60	15:24	4:16	9	3:21	35	3:21	15.70	1:28:21	5:37	21		39	20:11
Schlüsie	4.10	14:34	3:33	9	3:12	27	3:36	19.80	1:42:55	5:11	21		33	23:47
Loddenke	3.10	13:27	4:20	17	3:20	85	4:03	22.90	1:56:22	5:04	21		37	27:50
Ilseburg/Markt	3.30	14:30	4:23	15	3:04	68	3:59	26.20	2:10:52	4:59	11	29:10	40	31:49