



43. Brockenlauf
Ilseburg / 07.09.2013

Detailed evaluation

Bennert, David

Club: TRIAS Bad Schwartau
Number: 273

Course: 26.20 km
26,2 km - Lauf

Category:
Senioren M45 (45-49 Jahre)

Total time: 2:10:38

Speed: 11.94 km/h
Running performance: 4:59 min/km

Rank in course/Total: 38 (of 456)

Rank in course/Men: 38 (of 399)

Best time in course: 1:39:03

Rank in category: 6(of 99)

Best time in the category: 2:00:26

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	14:40	4:26	2	0:28	17	2:09	3.30	14:40	4:26	71		40	2:05
Schlüsie	3.10	16:14	5:14	2	0:10	20	2:52	6.40	30:54	4:49	71		40	4:54
Hermannsklippe	2.60	14:42	5:39	4	0:27	28	3:09	9.00	45:36	5:03	71		40	7:56
Brocken	3.10	26:23	8:30	16	3:45	75	8:22	12.10	1:11:59	5:56	71		40	15:55
Eiserner Handwe	3.60	16:00	4:26	13	1:37	57	3:57	15.70	1:27:59	5:36	71		40	19:49
Schlüsie	4.10	15:32	3:47	14	1:32	62	4:34	19.80	1:43:31	5:13	71		40	24:23
Loddenke	3.10	12:52	4:09	13	1:43	60	3:28	22.90	1:56:23	5:04	71		40	27:51
Ilseburg/Markt	3.30	14:15	4:19	12	2:08	54	3:44	26.20	2:10:38	4:59	6	10:12	38	31:35