



43. Brockenlauf
Ilseburg / 07.09.2013

Detailed evaluation

Plagge, Bernd

Club: Namban Rengo
Number: 47

Course: 26.20 km
26,2 km - Lauf

Category:
Senioren M55 (55-59 Jahre)

Total time: 2:11:15

Speed: 11.89 km/h
Running performance: 5:01 min/km

Rank in course/Total: 42 (of 456)

Rank in course/Men: 42 (of 399)

Best time in course: 1:39:03

Rank in category: 1(of 30)

Best time in the category: 2:11:15

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	15:57	4:49	1	-	56	3:26	3.30	15:57	4:49	16		42	3:22	
Schlüsie	3.10	16:52	5:26	1	-	36	3:30	6.40	32:49	5:07	16		42	6:49	
Hermannsklippe	2.60	15:12	5:50	1	-	41	3:39	9.00	48:01	5:20	16		42	10:21	
Brocken	3.10	26:10	8:26	1	-	69	8:09	12.10	1:14:11	6:07	16		42	18:07	
Eiserner Handwe	3.60	15:34	4:19	1	-	40	3:31	15.70	1:29:45	5:42	16		42	21:35	
Schlüsie	4.10	15:03	3:40	1	-	44	4:05	19.80	1:44:48	5:17	16		42	25:40	
Loddenke	3.10	12:43	4:06	1	-	50	3:19	22.90	1:57:31	5:07	16		42	28:59	
Ilseburg/Markt	3.30	13:44	4:09	1	-	35	3:13	26.20	2:11:15	5:00	1	-	42	32:12	