



43. Brockenlauf
Ilseburg / 07.09.2013

Detailed evaluation

Fabian, Uwe

Club: Nordhausen
Number: 388

Course: 26.20 km
26,2 km - Lauf

Category:
Senioren M35 (35-39 Jahre)

Total time: 2:11:32

Speed: 11.86 km/h
Running performance: 5:01 min/km

Rank in course/Total: 43 (of 456)

Rank in course/Men: 43 (of 399)

Best time in course: 1:39:03

Rank in category: 7(of 39)

Best time in the category: 1:50:24

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	16:56	5:07	13	3:04	88	4:25	3.30	16:56	5:07	27		43	4:21
Schlüsie	3.10	17:22	5:36	8	2:19	49	4:00	6.40	34:18	5:21	27		43	8:18
Hermannsklippe	2.60	15:05	5:48	7	2:03	37	3:32	9.00	49:23	5:29	27		43	11:43
Brocken	3.10	23:46	7:39	4	3:14	25	5:45	12.10	1:13:09	6:02	27		43	17:05
Eiserner Handwe	3.60	16:12	4:30	11	3:16	65	4:09	15.70	1:29:21	5:41	27		43	21:11
Schlüsie	4.10	14:52	3:37	5	2:33	37	3:54	19.80	1:44:13	5:15	27		43	25:05
Loddenke	3.10	12:50	4:08	10	2:18	57	3:26	22.90	1:57:03	5:06	27		43	28:31
Ilseburg/Markt	3.30	14:29	4:23	9	2:21	65	3:58	26.20	2:11:32	5:01	7	21:08	43	32:29