



43. Brockenlauf  
Ilseburg / 07.09.2013

Detailed evaluation

Schmidt, Sigurd

Club: Köln  
Number: 197

Course: 26.20 km  
26,2 km - Lauf

Category:  
Senioren M45 (45-49 Jahre)

Total time: 2:12:00

Speed: 11.82 km/h  
Running performance: 5:02 min/km

Rank in course/Total: 45 (of 456)

Rank in course/Men: 44 (of 399)

Best time in course: 1:39:03

Rank in category: 7(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	16:01	4:51	13	1:49	60	3:30	3.30	16:01	4:51	70		44	3:26
Schlüsie	3.10	17:40	5:41	11	1:36	60	4:18	6.40	33:41	5:15	70		44	7:41
Hermannsklippe	2.60	16:00	6:09	16	1:45	71	4:27	9.00	49:41	5:31	70		44	12:01
Brocken	3.10	25:22	8:10	10	2:44	51	7:21	12.10	1:15:03	6:12	70		44	18:59
Eiserner Handwe	3.60	15:45	4:22	9	1:22	46	3:42	15.70	1:30:48	5:47	70		44	22:38
Schlüsie	4.10	14:56	3:38	6	0:56	40	3:58	19.80	1:45:44	5:20	70		44	26:36
Loddenke	3.10	12:32	4:02	7	1:23	40	3:08	22.90	1:58:16	5:09	70		44	29:44
Ilseburg/Markt	3.30	13:44	4:09	8	1:37	35	3:13	26.20	2:12:00	5:02	7	11:34	44	32:57