



43. Brockenlauf  
Ilseburg / 07.09.2013

Detailed evaluation

Reuß, Steffen

Club: Ballenstedt  
Number: 277

Course: 26.20 km  
26,2 km - Lauf

Category:  
Senioren M45 (45-49 Jahre)

Total time: 2:12:03

Speed: 11.81 km/h  
Running performance: 5:02 min/km

Rank in course/Total: 46 (of 456)

Rank in course/Men: 45 (of 399)

Best time in course: 1:39:03

Rank in category: 8(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	16:23	4:57	16	2:11	70	3:52	3.30	16:23	4:57	69		45	3:48
Schlüsie	3.10	17:43	5:42	12	1:39	64	4:21	6.40	34:06	5:19	69		45	8:06
Hermannsklippe	2.60	15:43	6:02	10	1:28	58	4:10	9.00	49:49	5:32	69		45	12:09
Brocken	3.10	25:42	8:17	12	3:04	56	7:41	12.10	1:15:31	6:14	69		45	19:27
Eiserner Handwe	3.60	14:47	4:06	3	0:24	22	2:44	15.70	1:30:18	5:45	69		45	22:08
Schlüsie	4.10	14:39	3:34	5	0:39	31	3:41	19.80	1:44:57	5:18	69		45	25:49
Loddenke	3.10	12:51	4:08	12	1:42	58	3:27	22.90	1:57:48	5:08	69		45	29:16
Ilseburg/Markt	3.30	14:15	4:19	12	2:08	54	3:44	26.20	2:12:03	5:02	8	11:37	45	33:00