



43. Brockenlauf
Ilseburg / 07.09.2013

Detailed evaluation

Helm, Jürgen

Club: LAG Wesertal
Number: 3

Course: 26.20 km
26,2 km - Lauf

Category:
Senioren M50 (50-54 Jahre)

Total time: 2:12:26

Speed: 11.78 km/h
Running performance: 5:03 min/km

Rank in course/Total: 48 (of 456)

Rank in course/Men: 47 (of 399)

Best time in course: 1:39:03

Rank in category: 3(of 63)

Best time in the category: 2:02:34

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	16:03	4:51	4	1:15	62	3:32	3.30	16:03	4:51	35		47	3:28
Schlüsie	3.10	17:32	5:39	5	1:11	55	4:10	6.40	33:35	5:14	35		47	7:35
Hermannsklippe	2.60	15:46	6:03	4	1:29	60	4:13	9.00	49:21	5:29	35		47	11:41
Brocken	3.10	26:56	8:41	7	4:01	82	8:55	12.10	1:16:17	6:18	35		47	20:13
Eiserner Handwe	3.60	14:51	4:07	2	0:08	23	2:48	15.70	1:31:08	5:48	35		47	22:58
Schlüsie	4.10	14:41	3:34	3	0:57	32	3:43	19.80	1:45:49	5:20	35		47	26:41
Loddenke	3.10	12:35	4:03	4	0:50	45	3:11	22.90	1:58:24	5:10	35		47	29:52
Ilseburg/Markt	3.30	14:02	4:15	5	0:54	48	3:31	26.20	2:12:26	5:03	3	9:52	47	33:23