



43. Brockenlauf  
Ilseburg / 07.09.2013

Detailed evaluation

Hentsch, Dr. Torsten

Club: SV Hermsdorf  
Number: 455

Course: 26.20 km  
26,2 km - Lauf

Category:  
Senioren M45 (45-49 Jahre)

Total time: 2:12:54

Speed: 11.74 km/h  
Running performance: 5:04 min/km

Rank in course/Total: 51 (of 456)

Rank in course/Men: 49 (of 399)

Best time in course: 1:39:03

Rank in category: 9(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	15:43	4:45	9	1:31	44	3:12	3.30	15:43	4:45	68		49	3:08
Schlüsie	3.10	17:16	5:34	7	1:12	43	3:54	6.40	32:59	5:09	68		49	6:59
Hermannsklippe	2.60	15:49	6:04	11	1:34	61	4:16	9.00	48:48	5:25	68		49	11:08
Brocken	3.10	26:26	8:31	17	3:48	76	8:25	12.10	1:15:14	6:13	68		49	19:10
Eiserner Handwe	3.60	15:58	4:26	12	1:35	56	3:55	15.70	1:31:12	5:48	68		49	23:02
Schlüsie	4.10	15:07	3:41	9	1:07	48	4:09	19.80	1:46:19	5:22	68		49	27:11
Loddenke	3.10	12:35	4:03	9	1:26	45	3:11	22.90	1:58:54	5:11	68		49	30:22
Ilseburg/Markt	3.30	14:00	4:14	10	1:53	46	3:29	26.20	2:12:54	5:04	9	12:28	49	33:51