



43. Brockenlauf
Ilseburg / 07.09.2013

Detailed evaluation

Seyffert, Christian

Club: Harz-Gebirgslauf-WR
Number: 445

Course: 26.20 km
26,2 km - Lauf

Category:
Männer (20-29 Jahre)

Total time: 2:13:29

Speed: 11.69 km/h
Running performance: 5:05 min/km

Rank in course/Total: 52 (of 456)

Rank in course/Men: 50 (of 399)

Best time in course: 1:39:03

Rank in category: 14(of 40)

Best time in the category: 1:41:42

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	15:17	4:37	11	2:46	31	2:46	3.30	15:17	4:37	34		50	2:42
Schlüsie	3.10	16:29	5:19	10	3:07	27	3:07	6.40	31:46	4:57	34		50	5:46
Hermannsklippe	2.60	14:44	5:39	12	3:11	31	3:11	9.00	46:30	5:10	34		48	8:50
Brocken	3.10	26:12	8:27	16	8:11	70	8:11	12.10	1:12:42	6:00	34		50	16:38
Eiserner Handwe	3.60	17:06	4:45	18	5:03	108	5:03	15.70	1:29:48	5:43	34		50	21:38
Schlüsie	4.10	14:47	3:36	11	3:25	34	3:49	19.80	1:44:35	5:16	34		50	25:27
Loddenke	3.10	12:42	4:05	12	2:35	48	3:18	22.90	1:57:17	5:07	34		50	28:45
Ilseburg/Markt	3.30	16:12	4:54	25	4:46	155	5:41	26.20	2:13:29	5:05	14	31:47	50	34:26