



43. Brockenlauf
Ilseburg / 07.09.2013

Detailed evaluation

Heermann, Hans-Joachim

Club: SC Lüchow
Number: 403

Course: 26.20 km
26,2 km - Lauf

Category:
Senioren M50 (50-54 Jahre)

Total time: 2:13:37

Speed: 11.76 km/h
Running performance: 5:06 min/km

Rank in course/Total: 54 (of 456)

Rank in course/Men: 52 (of 399)

Best time in course: 1:39:03

Rank in category: 4(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	15:45	4:46	3	0:57	46	3:14	3.30	15:45	4:46	36		33	3:10
Schlüsie	3.10	17:14	5:33	3	0:53	42	3:52	6.40	32:59	5:09	36		49	6:59
Hermannsklippe	2.60	15:24	5:55	3	1:07	49	3:51	9.00	48:23	5:22	36		33	10:43
Brocken	3.10	25:49	8:19	4	2:54	60	7:48	12.10	1:14:12	6:07	36		52	18:08
Eiserner Handwe	3.60	16:16	4:31	7	1:33	67	4:13	15.70	1:30:28	5:45	36		52	22:18
Schlüsie	4.10	16:19	3:58	11	2:35	96	5:21	19.80	1:46:47	5:23	36		52	27:39
Loddenke	3.10	13:05	4:13	7	1:20	69	3:41	22.90	1:59:52	5:14	36		52	31:20
Ilseburg/Markt	3.30	13:45	4:10	3	0:37	37	3:14	26.20	2:13:37	5:05	4	11:03	52	34:34