



43. Brockenlauf

Ilseburg / 07.09.2013

Detailed evaluation

Matthiesen, Erik

Club: Løgumkloster Löbemotion
Number: 85

Course: 26.20 km
26,2 km - Lauf

Category:
Senioren M45 (45-49 Jahre)

Total time: 2:13:50

Speed: 11.75 km/h
Running performance: 5:07 min/km

Rank in course/Total: 55 (of 456)

Rank in course/Men: 53 (of 399)

Best time in course: 1:39:03

Rank in category: 11(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	16:34	5:01	19	2:22	77	4:03	3.30	16:34	5:01	66		53	3:59
Schlüsie	3.10	17:00	5:29	6	0:56	41	3:38	6.40	33:34	5:14	66		53	7:34
Hermannsklippe	2.60	15:36	6:00	8	1:21	55	4:03	9.00	49:10	5:27	66		53	11:30
Brocken	3.10	25:04	8:05	8	2:26	46	7:03	12.10	1:14:14	6:08	66		53	18:10
Eiserner Handwe	3.60	15:47	4:23	10	1:24	47	3:44	15.70	1:30:01	5:44	66		53	21:51
Schlüsie	4.10	15:56	3:53	17	1:56	77	4:58	19.80	1:45:57	5:21	66		53	26:49
Loddenke	3.10	12:45	4:06	11	1:36	51	3:21	22.90	1:58:42	5:11	66		53	30:10
Ilseburg/Markt	3.30	15:08	4:35	23	3:01	103	4:37	26.20	2:13:50	5:06	11	13:24	53	34:47