



43. Brockenlauf
Ilseburg / 07.09.2013

Detailed evaluation

Arnold, Klaus

Club: Leipzig Marathon e.V.
Number: 233

Course: 26.20 km
26,2 km - Lauf

Category:
Senioren M45 (45-49 Jahre)

Total time: 2:14:29

Speed: 11.69 km/h
Running performance: 5:08 min/km

Rank in course/Total: 56 (of 456)

Rank in course/Men: 54 (of 399)

Best time in course: 1:39:03

Rank in category: 12(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	15:58	4:50	11	1:46	57	3:27	3.30	15:58	4:50	65		54	3:23
Schlüsie	3.10	17:57	5:47	14	1:53	75	4:35	6.40	33:55	5:17	65		54	7:55
Hermannsklippe	2.60	16:16	6:15	20	2:01	83	4:43	9.00	50:11	5:34	65		54	12:31
Brocken	3.10	26:14	8:27	15	3:36	71	8:13	12.10	1:16:25	6:18	65		54	20:21
Eiserner Handwe	3.60	15:48	4:23	11	1:25	48	3:45	15.70	1:32:13	5:52	65		54	24:03
Schlüsie	4.10	15:18	3:43	11	1:18	52	4:20	19.80	1:47:31	5:25	65		54	28:23
Loddenke	3.10	13:01	4:11	17	1:52	66	3:37	22.90	2:00:32	5:15	65		54	32:00
Ilseburg/Markt	3.30	13:57	4:13	9	1:50	45	3:26	26.20	2:14:29	5:07	12	14:03	54	35:26