



43. Brockenlauf
Ilseburg / 07.09.2013

Detailed evaluation

Braune, Mario

Club: VLG 1991 Magdeburg
Number: 264

Course: 26.20 km
26,2 km - Lauf

Category:
Senioren M45 (45-49 Jahre)

Total time: 2:14:40

Speed: 11.67 km/h
Running performance: 5:08 min/km

Rank in course/Total: 57 (of 456)

Rank in course/Men: 55 (of 399)

Best time in course: 1:39:03

Rank in category: 13(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.	Stage score		Total ranking						
						Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men
Loddenke	3.30	16:08	4:53	14	1:56	63	3:37	3.30	16:08	4:53	51		55	3:33
Schlüsie	3.10	17:45	5:43	13	1:41	67	4:23	6.40	33:53	5:17	51		55	7:53
Hermannsklippe	2.60	15:16	5:52	7	1:01	43	3:43	9.00	49:09	5:27	51		55	11:29
Brocken	3.10	25:26	8:12	11	2:48	52	7:25	12.10	1:14:35	6:09	51		55	18:31
Eiserner Handwe	3.60	16:28	4:34	16	2:05	75	4:25	15.70	1:31:03	5:47	51		55	22:53
Schlüsie	4.10	15:31	3:47	13	1:31	61	4:33	19.80	1:46:34	5:22	51		55	27:26
Loddenke	3.10	13:19	4:17	21	2:10	79	3:55	22.90	1:59:53	5:14	51		55	31:21
Ilseburg/Markt	3.30	14:47	4:28	19	2:40	84	4:16	26.20	2:14:40	5:08	13	14:14	55	35:37