



43. Brockenlauf
Ilseburg / 07.09.2013

Detailed evaluation

Weber, Silvio

Club: Göttingen
Number: 243

Course: 26.20 km
26,2 km - Lauf

Category:
Senioren M30 (30-34 Jahre)

Total time: 2:15:05

Speed: 11.55 km/h
Running performance: 5:10 min/km

Rank in course/Total: 60 (of 456)

Rank in course/Men: 58 (of 399)

Best time in course: 1:39:03

Rank in category: 7(of 32)

Best time in the category: 1:39:03

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	15:48	4:47	7	3:13	50	3:17	3.30	15:48	4:47	27		58	3:13
Schlüsie	3.10	17:45	5:43	9	4:20	67	4:23	6.40	33:33	5:14	22		58	7:33
Hermannsklippe	2.60	15:41	6:01	9	4:01	57	4:08	9.00	49:14	5:28	27		58	11:34
Brocken	3.10	25:47	8:19	9	7:23	58	7:46	12.10	1:15:01	6:11	27		58	18:57
Eiserner Handwe	3.60	16:48	4:40	10	4:42	93	4:45	15.70	1:31:49	5:50	27		58	23:39
Schlüsie	4.10	15:22	3:44	7	4:24	56	4:24	19.80	1:47:11	5:24	27		58	28:03
Loddenke	3.10	12:58	4:10	7	3:34	62	3:34	22.90	2:00:09	5:14	26		58	31:37
Ilseburg/Markt	3.30	14:56	4:31	9	4:25	95	4:25	26.20	2:15:05	5:09	7	36:02	58	36:02