



# 43. Brockenlauf

Ilseburg / 07.09.2013

## Detailed evaluation

**Cabak, Guido**

Club: OstwestExpress  
Number: 198

Course: 26.20 km  
26,2 km - Lauf

Category:  
Senioren M30 (30-34 Jahre)

Total time: 2:16:00

Speed: 11.47 km/h  
Running performance: 5:11 min/km

Rank in course/Total: 62 (of 456)

Rank in course/Men: 60 (of 399)

Best time in course: 1:39:03

Rank in category: 8(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	15:37	4:43	5	3:02	39	3:06	3.30	15:37	4:43	26		22	3:02
Schlüsie	3.10	17:47	5:44	10	4:22	69	4:25	6.40	33:24	5:13	26		60	7:24
Hermannsklippe	2.60	15:16	5:52	6	3:36	43	3:43	9.00	48:40	5:24	26		60	11:00
Brocken	3.10	24:50	8:00	5	6:26	38	6:49	12.10	1:13:30	6:04	26		60	17:26
Eiserner Handwe	3.60	16:46	4:39	9	4:40	89	4:43	15.70	1:30:16	5:44	26		60	22:06
Schlüsie	4.10	16:11	3:56	10	5:13	89	5:13	19.80	1:46:27	5:22	26		60	27:19
Loddenke	3.10	13:42	4:25	10	4:18	100	4:18	22.90	2:00:09	5:14	26		58	31:37
Ilseburg/Markt	3.30	15:51	4:48	15	5:20	137	5:20	26.20	2:16:00	5:11	8	36:57	60	36:57