



43. Brockenlauf
Ilseburg / 07.09.2013

Detailed evaluation

Jost, Steffen

Club: Errands Runner e.V.
Number: 469

Course: 26.20 km
26,2 km - Lauf

Category:
Senioren M40 (40-44 Jahre)

Total time: 2:16:22

Speed: 11.44 km/h
Running performance: 5:12 min/km

Rank in course/Total: 64 (of 456)

Rank in course/Men: 62 (of 399)

Best time in course: 1:39:03

Rank in category: 11(of 55)

Best time in the category: 1:50:22

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	15:23	4:39	8	2:00	33	2:52	3.30	15:23	4:39	39		62	2:48
Schlüsie	3.10	17:34	5:39	10	3:07	56	4:12	6.40	32:57	5:08	39		62	6:57
Hermannsklippe	2.60	15:28	5:56	11	2:28	51	3:55	9.00	48:25	5:22	39		62	10:45
Brocken	3.10	25:16	8:09	11	4:58	48	7:15	12.10	1:13:41	6:05	39		62	17:37
Eiserner Handwe	3.60	17:15	4:47	21	3:57	118	5:12	15.70	1:30:56	5:47	39		62	22:46
Schlüsie	4.10	16:23	3:59	22	4:01	99	5:25	19.80	1:47:19	5:25	39		62	28:11
Loddenke	3.10	13:36	4:23	19	3:04	92	4:12	22.90	2:00:55	5:16	39		62	32:23
Ilseburg/Markt	3.30	15:27	4:40	23	3:20	119	4:56	26.20	2:16:22	5:12	11	26:00	62	37:19