



43. Brockenlauf
Ilseburg / 07.09.2013

Detailed evaluation

Borchert, Fred

Club: Langenstein
Number: 158

Course: 26.20 km
26,2 km - Lauf

Category:
Senioren M45 (45-49 Jahre)

Total time: 2:16:23

Speed: 11.44 km/h
Running performance: 5:13 min/km

Rank in course/Total: 65 (of 456)

Rank in course/Men: 63 (of 399)

Best time in course: 1:39:03

Rank in category: 15(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	16:26	4:58	17	2:14	73	3:55	3.30	16:26	4:58	62		63	3:51
Schlüsie	3.10	17:58	5:47	15	1:54	76	4:36	6.40	34:24	5:22	62		63	8:24
Hermannsklippe	2.60	15:55	6:07	14	1:40	68	4:22	9.00	50:19	5:35	62		63	12:39
Brocken	3.10	26:05	8:24	14	3:27	68	8:04	12.10	1:16:24	6:18	62		63	20:20
Eiserner Handwe	3.60	17:02	4:43	27	2:39	105	4:59	15.70	1:33:26	5:57	62		63	25:16
Schlüsie	4.10	15:40	3:49	16	1:40	67	4:42	19.80	1:49:06	5:30	62		63	29:58
Loddenke	3.10	12:39	4:04	10	1:30	47	3:15	22.90	2:01:45	5:18	62		63	33:13
Ilseburg/Markt	3.30	14:38	4:26	17	2:31	77	4:07	26.20	2:16:23	5:12	15	15:57	63	37:20