



43. Brockenlauf
Ilseburg / 07.09.2013

Detailed evaluation

de Ruiter, Enrico

Club: Hildesheim
Number: 223

Course: 26.20 km
26,2 km - Lauf

Category:
Senioren M45 (45-49 Jahre)

Total time: 2:16:58

Speed: 11.39 km/h
Running performance: 5:14 min/km

Rank in course/Total: 68 (of 456)

Rank in course/Men: 65 (of 399)

Best time in course: 1:39:03

Rank in category: 17(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	14:54	4:30	5	0:42	25	2:23	3.30	14:54	4:30	60		65	2:19
Schlüsie	3.10	17:35	5:40	10	1:31	57	4:13	6.40	32:29	5:04	60		22	6:29
Hermannsklippe	2.60	15:52	6:06	13	1:37	65	4:19	9.00	48:21	5:22	60		65	10:41
Brocken	3.10	25:07	8:06	9	2:29	47	7:06	12.10	1:13:28	6:04	60		65	17:24
Eiserner Handwe	3.60	17:39	4:54	37	3:16	144	5:36	15.70	1:31:07	5:48	60		65	22:57
Schlüsie	4.10	16:39	4:03	29	2:39	116	5:41	19.80	1:47:46	5:26	60		65	28:38
Loddenke	3.10	13:46	4:26	26	2:37	104	4:22	22.90	2:01:32	5:18	60		65	33:00
Ilseburg/Markt	3.30	15:26	4:40	28	3:19	117	4:55	26.20	2:16:58	5:13	17	16:32	65	37:55