



43. Brockenlauf
Ilseburg / 07.09.2013

Detailed evaluation

Wieding, Michael

Club: Aschersleben
Number: 489

Course: 26.20 km
26,2 km - Lauf

Category:
Senioren M35 (35-39 Jahre)

Total time: 2:17:41

Speed: 11.33 km/h
Running performance: 5:16 min/km

Rank in course/Total: 74 (of 456)

Rank in course/Men: 71 (of 399)

Best time in course: 1:39:03

Rank in category: 11(of 39)

Best time in the category: 1:50:24

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	15:55	4:49	8	2:03	54	3:24	3.30	15:55	4:49	21		71	3:20
Schlüsie	3.10	19:02	6:08	16	3:59	115	5:40	6.40	34:57	5:27	21		71	8:57
Hermannsklippe	2.60	16:59	6:31	16	3:57	111	5:26	9.00	51:56	5:46	21		71	14:16
Brocken	3.10	28:46	9:16	17	8:14	128	10:45	12.10	1:20:42	6:40	21		71	24:38
Eiserner Handwe	3.60	15:19	4:15	5	2:23	33	3:16	15.70	1:36:01	6:06	21		71	27:51
Schlüsie	4.10	14:34	3:33	4	2:15	27	3:36	19.80	1:50:35	5:35	21		71	31:27
Loddenke	3.10	12:42	4:05	7	2:10	48	3:18	22.90	2:03:17	5:23	21		71	34:45
Ilseburg/Markt	3.30	14:24	4:21	8	2:16	62	3:53	26.20	2:17:41	5:15	11	27:17	71	38:38