



43. Brockenlauf
Ilseburg / 07.09.2013

Detailed evaluation

Moritz, Ernst Günther

Club: VSV Hohenbostel
Number: 311

Course: 26.20 km
26,2 km - Lauf

Category:
Senioren M50 (50-54 Jahre)

Total time: 2:18:00

Speed: 11.30 km/h
Running performance: 5:16 min/km

Rank in course/Total: 76 (of 456)

Rank in course/Men: 73 (of 399)

Best time in course: 1:39:03

Rank in category: 7(of 63)

Best time in the category: 2:02:34

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	16:23	4:57	7	1:35	70	3:52	3.30	16:23	4:57	39		45	3:48
Schlüsie	3.10	17:36	5:40	6	1:15	58	4:14	6.40	33:59	5:18	39		73	7:59
Hermannsklippe	2.60	15:51	6:05	6	1:34	63	4:18	9.00	49:50	5:32	39		73	12:10
Brocken	3.10	27:46	8:57	13	4:51	105	9:45	12.10	1:17:36	6:24	39		73	21:32
Eiserner Handwe	3.60	16:42	4:38	10	1:59	84	4:39	15.70	1:34:18	6:00	39		73	26:08
Schlüsie	4.10	16:24	4:00	12	2:40	100	5:26	19.80	1:50:42	5:35	39		73	31:34
Loddenke	3.10	13:09	4:14	9	1:24	72	3:45	22.90	2:03:51	5:24	39		73	35:19
Ilseburg/Markt	3.30	14:09	4:17	8	1:01	52	3:38	26.20	2:18:00	5:16	7	15:26	73	38:57