



43. Brockenlauf  
Ilseburg / 07.09.2013

Detailed evaluation

**Bendin, Sebastian**

Club: Halberstadt  
Number: 4

Course: 26.20 km  
26,2 km - Lauf

Category:  
Senioren M40 (40-44 Jahre)

Total time: 2:18:24

Speed: 11.27 km/h  
Running performance: 5:17 min/km

Rank in course/Total: 78 (of 456)

Rank in course/Men: 75 (of 399)

Best time in course: 1:39:03

Rank in category: 14(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	16:34	5:01	13	3:11	77	4:03	3.30	16:34	5:01	42		53	3:59
Schlüsie	3.10	18:05	5:49	14	3:38	80	4:43	6.40	34:39	5:24	42		75	8:39
Hermannsklippe	2.60	16:06	6:11	15	3:06	76	4:33	9.00	50:45	5:38	42		75	13:05
Brocken	3.10	27:10	8:45	17	6:52	88	9:09	12.10	1:17:55	6:26	42		75	21:51
Eiserner Handwe	3.60	16:18	4:31	14	3:00	71	4:15	15.70	1:34:13	6:00	42		75	26:03
Schlüsie	4.10	15:42	3:49	14	3:20	70	4:44	19.80	1:49:55	5:33	42		72	30:47
Loddenke	3.10	13:36	4:23	19	3:04	92	4:12	22.90	2:03:31	5:23	42		75	34:59
Ilseburg/Markt	3.30	14:53	4:30	20	2:46	90	4:22	26.20	2:18:24	5:16	14	28:02	75	39:21