



43. Brockenlauf
Ilseburg / 07.09.2013

Detailed evaluation

Hertel, Frank Michael

Club: Eisenhüttenstadt
Number: 238

Course: 26.20 km
26,2 km - Lauf

Category:
Senioren M50 (50-54 Jahre)

Total time: 2:18:47

Speed: 11.24 km/h
Running performance: 5:18 min/km

Rank in course/Total: 81 (of 456)

Rank in course/Men: 77 (of 399)

Best time in course: 1:39:03

Rank in category: 8(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	16:13	4:54	5	1:25	67	3:42	3.30	16:13	4:54	40		77	3:38
Schlüsie	3.10	17:30	5:38	4	1:09	54	4:08	6.40	33:43	5:16	40		77	7:43
Hermannsklippe	2.60	15:49	6:04	5	1:32	61	4:16	9.00	49:32	5:30	40		77	11:52
Brocken	3.10	29:04	9:22	21	6:09	137	11:03	12.10	1:18:36	6:29	40		77	22:32
Eiserner Handwe	3.60	16:50	4:40	12	2:07	95	4:47	15.70	1:35:26	6:04	40		77	27:16
Schlüsie	4.10	16:09	3:56	8	2:25	87	5:11	19.80	1:51:35	5:38	40		77	32:27
Loddenke	3.10	13:04	4:12	6	1:19	68	3:40	22.90	2:04:39	5:26	40		77	36:07
Ilseburg/Markt	3.30	14:08	4:16	7	1:00	50	3:37	26.20	2:18:47	5:17	8	16:13	77	39:44