



43. Brockenlauf  
Ilseburg / 07.09.2013

Detailed evaluation

Lange, Andreas

Club: Hildesheim  
Number: 152

Course: 26.20 km  
26,2 km - Lauf

Category:  
Senioren M35 (35-39 Jahre)

Total time: 2:21:08

Speed: 11.05 km/h  
Running performance: 5:23 min/km

Rank in course/Total: 87 (of 456)

Rank in course/Men: 82 (of 399)

Best time in course: 1:39:03

Rank in category: 13(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	17:54	5:25	16	4:02	129	5:23	3.30	17:54	5:25	33		82	5:19
Schlüsie	3.10	18:26	5:56	14	3:23	95	5:04	6.40	36:20	5:40	33		82	10:20
Hermannsklippe	2.60	15:20	5:53	9	2:18	46	3:47	9.00	51:40	5:44	33		82	14:00
Brocken	3.10	27:03	8:43	13	6:31	85	9:02	12.10	1:18:43	6:30	33		82	22:39
Eiserner Handwe	3.60	17:54	4:58	19	4:58	151	5:51	15.70	1:36:37	6:09	33		82	28:27
Schlüsie	4.10	16:01	3:54	13	3:42	80	5:03	19.80	1:52:38	5:41	33		82	33:30
Loddenke	3.10	13:32	4:21	13	3:00	91	4:08	22.90	2:06:10	5:30	33		82	37:38
Ilseburg/Markt	3.30	14:58	4:32	14	2:50	96	4:27	26.20	2:21:08	5:23	13	30:44	82	42:05