



43. Brockenlauf  
Ilseburg / 07.09.2013

Detailed evaluation

Steinchen, Burkhard

Club: Münster  
Number: 106

Course: 26.20 km  
26,2 km - Lauf

Category:  
Senioren M30 (30-34 Jahre)

Total time: 2:21:35

Speed: 11.02 km/h  
Running performance: 5:24 min/km

Rank in course/Total: 88 (of 456)

Rank in course/Men: 83 (of 399)

Best time in course: 1:39:03

Rank in category: 11(of 32)

Best time in the category: 1:39:03

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	16:10	4:53	9	3:35	64	3:39	3.30	16:10	4:53	23		83	3:35
Schlüsie	3.10	17:52	5:45	11	4:27	70	4:30	6.40	34:02	5:19	23		83	8:02
Hermannsklippe	2.60	15:56	6:07	10	4:16	69	4:23	9.00	49:58	5:33	23		83	12:18
Brocken	3.10	25:48	8:19	10	7:24	59	7:47	12.10	1:15:46	6:15	23		83	19:42
Eiserner Handwe	3.60	18:20	5:05	15	6:14	166	6:17	15.70	1:34:06	5:59	23		83	25:56
Schlüsie	4.10	19:19	4:42	24	8:21	237	8:21	19.80	1:53:25	5:43	23		83	34:17
Loddenke	3.10	14:22	4:38	14	4:58	146	4:58	22.90	2:07:47	5:34	23		83	39:15
Ilseburg/Markt	3.30	13:48	4:10	6	3:17	39	3:17	26.20	2:21:35	5:24	11	42:32	83	42:32