



43. Brockenlauf
Ilseburg / 07.09.2013

Detailed evaluation

Struß, Martin

Club: TSV Warzen
Number: 258

Course: 26.20 km
26,2 km - Lauf

Category:
Senioren M40 (40-44 Jahre)

Total time: 2:22:26

Speed: 10.95 km/h
Running performance: 5:26 min/km

Rank in course/Total: 91 (of 456)

Rank in course/Men: 86 (of 399)

Best time in course: 1:39:03

Rank in category: 15(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	17:08	5:11	19	3:45	97	4:37	3.30	17:08	5:11	29		86	4:33
Schlüsie	3.10	18:16	5:53	15	3:49	86	4:54	6.40	35:24	5:31	29		72	9:24
Hermannsklippe	2.60	16:00	6:09	13	3:00	71	4:27	9.00	51:24	5:42	29		86	13:44
Brocken	3.10	27:36	8:54	20	7:18	101	9:35	12.10	1:19:00	6:31	29		86	22:56
Eiserner Handwe	3.60	16:16	4:31	13	2:58	67	4:13	15.70	1:35:16	6:04	29		86	27:06
Schlüsie	4.10	16:16	3:58	20	3:54	94	5:18	19.80	1:51:32	5:37	29		86	32:24
Loddenke	3.10	14:16	4:36	25	3:44	140	4:52	22.90	2:05:48	5:29	29		86	37:16
Ilseburg/Markt	3.30	16:38	5:02	34	4:31	179	6:07	26.20	2:22:26	5:26	15	32:04	86	43:23