



43. Brockenlauf

Ilseburg / 07.09.2013

Detailed evaluation

Fleig, Hans

Club: NSV Wernigerode
Number: 384

Course: 26.20 km
26,2 km - Lauf

Category:
Senioren M55 (55-59 Jahre)

Total time: 2:22:30

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

Rank in course/Total: 92 (of 456)

Rank in course/Men: 87 (of 399)

Best time in course: 1:39:03

Rank in category: 2(of 30)

Best time in the category: 2:11:15

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	17:45	5:22	3	1:48	119	5:14	3.30	17:45	5:22	30		87	5:10
Schlüsie	3.10	19:14	6:12	2	2:22	125	5:52	6.40	36:59	5:46	30		87	10:59
Hermannsklippe	2.60	16:50	6:28	2	1:38	103	5:17	9.00	53:49	5:58	30		87	16:09
Brocken	3.10	26:58	8:41	2	0:48	84	8:57	12.10	1:20:47	6:40	30		87	24:43
Eiserner Handwe	3.60	16:22	4:32	2	0:48	73	4:19	15.70	1:37:09	6:11	30		87	28:59
Schlüsie	4.10	15:28	3:46	2	0:25	58	4:30	19.80	1:52:37	5:41	30		87	33:29
Loddenke	3.10	13:54	4:29	3	1:11	114	4:30	22.90	2:06:31	5:31	30		87	37:59
Ilseburg/Markt	3.30	15:59	4:50	6	2:15	143	5:28	26.20	2:22:30	5:26	2	11:15	87	43:27