



43. Brockenlauf
Ilseburg / 07.09.2013

Detailed evaluation

Runge, Philipp

Club: Magdeburg
Number: 187

Course: 26.20 km
26,2 km - Lauf

Category:
Männer (20-29 Jahre)

Total time: 2:22:44

Speed: 10.93 km/h
Running performance: 5:27 min/km

Rank in course/Total: 94 (of 456)

Rank in course/Men: 89 (of 399)

Best time in course: 1:39:03

Rank in category: 18(of 40)

Best time in the category: 1:41:42

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Stage score		Total ranking						
						Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men
Loddenke	3.30	19:51	6:00	29	7:20	231	7:20	3.30	19:51	6:00	12		89	7:16
Schlüsie	3.10	19:57	6:26	27	6:35	173	6:35	6.40	39:48	6:13	38		89	13:48
Hermannsklippe	2.60	17:53	6:52	24	6:20	159	6:20	9.00	57:41	6:24	38		89	20:01
Brocken	3.10	25:00	8:03	14	6:59	44	6:59	12.10	1:22:41	6:50	38		89	26:37
Eiserner Handwe	3.60	17:47	4:56	21	5:44	147	5:44	15.70	1:40:28	6:23	38		89	32:18
Schlüsie	4.10	16:31	4:01	18	5:09	109	5:33	19.80	1:56:59	5:54	38		89	37:51
Loddenke	3.10	12:28	4:01	9	2:21	33	3:04	22.90	2:09:27	5:39	38		89	40:55
Ilseburg/Markt	3.30	13:17	4:01	8	1:51	22	2:46	26.20	2:22:44	5:26	18	41:02	89	43:41