



43. Brockenlauf
Ilseburg / 07.09.2013

Detailed evaluation

Koch, Ingmar

Club: Ultramarathon Essighausen
Number: 242

Course: 26.20 km
26,2 km - Lauf

Category:
Senioren M40 (40-44 Jahre)

Total time: 2:22:50

Speed: 10.92 km/h
Running performance: 5:27 min/km

Rank in course/Total: 96 (of 456)

Rank in course/Men: 91 (of 399)

Best time in course: 1:39:03

Rank in category: 16(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	17:57	5:26	24	4:34	133	5:26	3.30	17:57	5:26	44		91	5:22
Schlüsie	3.10	18:40	6:01	17	4:13	102	5:18	6.40	36:37	5:43	44		91	10:37
Hermannsklippe	2.60	16:30	6:20	17	3:30	93	4:57	9.00	53:07	5:54	44		91	15:27
Brocken	3.10	26:47	8:38	15	6:29	79	8:46	12.10	1:19:54	6:36	44		91	23:50
Eiserner Handwe	3.60	17:29	4:51	25	4:11	136	5:26	15.70	1:37:23	6:12	44		91	29:13
Schlüsie	4.10	16:45	4:05	26	4:23	120	5:47	19.80	1:54:08	5:45	44		91	35:00
Loddenke	3.10	14:02	4:31	23	3:30	123	4:38	22.90	2:08:10	5:35	44		91	39:38
Ilseburg/Markt	3.30	14:40	4:26	17	2:33	81	4:09	26.20	2:22:50	5:27	16	32:28	91	43:47