



43. Brockenlauf  
Ilseburg / 07.09.2013

Detailed evaluation

Zirzow, Marc

Club: SV Sparkasse Hannover  
Number: 261

Course: 26.20 km  
26,2 km - Lauf

Category:  
Senioren M35 (35-39 Jahre)

Total time: 2:22:58

Speed: 10.91 km/h  
Running performance: 5:28 min/km

Rank in course/Total: 99 (of 456)

Rank in course/Men: 94 (of 399)

Best time in course: 1:39:03

Rank in category: 17(of 39)

Best time in the category: 1:50:24

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	15:56	4:49	9	2:04	55	3:25	3.30	15:56	4:49	37		94	3:21
Schlüsie	3.10	17:53	5:46	12	2:50	71	4:31	6.40	33:49	5:17	37		94	7:49
Hermannsklippe	2.60	16:11	6:13	14	3:09	79	4:38	9.00	50:00	5:33	37		94	12:20
Brocken	3.10	27:50	8:58	15	7:18	107	9:49	12.10	1:17:50	6:25	37		94	21:46
Eiserner Handwe	3.60	17:08	4:45	16	4:12	111	5:05	15.70	1:34:58	6:02	37		94	26:48
Schlüsie	4.10	17:28	4:15	17	5:09	155	6:30	19.80	1:52:26	5:40	37		94	33:18
Loddenke	3.10	14:15	4:35	16	3:43	137	4:51	22.90	2:06:41	5:31	37		94	38:09
Ilseburg/Markt	3.30	16:17	4:56	19	4:09	162	5:46	26.20	2:22:58	5:27	17	32:34	94	43:55