



43. Brockenlauf  
Ilseburg / 07.09.2013

Detailed evaluation

Stenzel, Dierk

Club: Sparta Schöneberg  
Number: 78

Course: 26.20 km  
26,2 km - Lauf

Category:  
Senioren M50 (50-54 Jahre)

Total time: 2:23:13

Speed: 10.89 km/h  
Running performance: 5:28 min/km

Rank in course/Total: 101 (of 456)

Rank in course/Men: 96 (of 399)

Best time in course: 1:39:03

Rank in category: 12(of 63)

Best time in the category: 2:02:34

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	16:28	4:59	8	1:40	74	3:57	3.30	16:28	4:59	44		96	3:53
Schlüsie	3.10	17:53	5:46	9	1:32	71	4:31	6.40	34:21	5:22	44		96	8:21
Hermannsklippe	2.60	16:39	6:24	16	2:22	100	5:06	9.00	51:00	5:40	44		96	13:20
Brocken	3.10	29:01	9:21	19	6:06	132	11:00	12.10	1:20:01	6:36	44		96	23:57
Eiserner Handwe	3.60	17:21	4:49	18	2:38	123	5:18	15.70	1:37:22	6:12	44		96	29:12
Schlüsie	4.10	18:13	4:26	26	4:29	182	7:15	19.80	1:55:35	5:50	44		96	36:27
Loddenke	3.10	13:36	4:23	11	1:51	92	4:12	22.90	2:09:11	5:38	44		96	40:39
Ilseburg/Markt	3.30	14:02	4:15	5	0:54	48	3:31	26.20	2:23:13	5:27	12	20:39	96	44:10