



43. Brockenlauf
Ilseburg / 07.09.2013

Detailed evaluation

Bittner, Holger

Club: BLV
Number: 993

Course: 26.20 km
26,2 km - Lauf

Category:
Senioren M45 (45-49 Jahre)

Total time: 2:23:23

Speed: 10.88 km/h
Running performance: 5:28 min/km

Rank in course/Total: 102 (of 456)

Rank in course/Men: 97 (of 399)

Best time in course: 1:39:03

Rank in category: 20(of 99)

Best time in the category: 2:00:26

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	17:44	5:22	30	3:32	117	5:13	3.30	17:44	5:22	57		97	5:09
Schlüsie	3.10	18:38	6:00	21	2:34	101	5:16	6.40	36:22	5:40	57		97	10:22
Hermannsklippe	2.60	16:56	6:30	21	2:41	109	5:23	9.00	53:18	5:55	57		97	15:38
Brocken	3.10	28:38	9:14	24	6:00	125	10:37	12.10	1:21:56	6:46	57		97	25:52
Eiserner Handwe	3.60	16:43	4:38	20	2:20	85	4:40	15.70	1:38:39	6:17	57		97	30:29
Schlüsie	4.10	16:04	3:55	19	2:04	83	5:06	19.80	1:54:43	5:47	57		97	35:35
Loddenke	3.10	13:28	4:20	22	2:19	87	4:04	22.90	2:08:11	5:35	57		97	39:39
Ilseburg/Markt	3.30	15:12	4:36	26	3:05	107	4:41	26.20	2:23:23	5:28	20	22:57	97	44:20