



43. Brockenlauf  
Ilseburg / 07.09.2013

Detailed evaluation

Zick, Torsten

Club: Rathenower LV  
Number: 249

Course: 26.20 km  
26,2 km - Lauf

Category:  
Senioren M50 (50-54 Jahre)

Total time: 2:23:27

Speed: 10.96 km/h  
Running performance: 5:29 min/km

Rank in course/Total: 103 (of 456)

Rank in course/Men: 98 (of 399)

Best time in course: 1:39:03

Rank in category: 13(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	17:29	5:17	12	2:41	112	4:58	3.30	17:29	5:17	45		98	4:54
Schlüsie	3.10	19:06	6:09	21	2:45	117	5:44	6.40	36:35	5:42	45		98	10:35
Hermannsklippe	2.60	16:29	6:20	12	2:12	91	4:56	9.00	53:04	5:53	45		98	15:24
Brocken	3.10	29:23	9:28	23	6:28	144	11:22	12.10	1:22:27	6:48	45		98	26:23
Eiserner Handwe	3.60	16:17	4:31	8	1:34	70	4:14	15.70	1:38:44	6:17	45		98	30:34
Schlüsie	4.10	17:12	4:11	19	3:28	140	6:14	19.80	1:55:56	5:51	45		98	36:48
Loddenke	3.10	13:41	4:24	12	1:56	99	4:17	22.90	2:09:37	5:39	45		98	41:05
Ilseburg/Markt	3.30	13:50	4:11	4	0:42	41	3:19	26.20	2:23:27	5:28	13	20:53	98	44:24