



43. Brockenlauf
Ilseburg / 07.09.2013

Detailed evaluation

Däbernitz, Sven

Club: Nachterstedt
Number: 350

Course: 26.20 km
26,2 km - Lauf

Category:
Senioren M40 (40-44 Jahre)

Total time: 2:23:29

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

Rank in course/Total: 104 (of 456)

Rank in course/Men: 99 (of 399)

Best time in course: 1:39:03

Rank in category: 17(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	18:02	5:27	25	4:39	138	5:31	3.30	18:02	5:27	45		99	5:27
Schlüsie	3.10	18:35	5:59	16	4:08	99	5:13	6.40	36:37	5:43	44		91	10:37
Hermannsklippe	2.60	16:01	6:09	14	3:01	74	4:28	9.00	52:38	5:50	45		99	14:58
Brocken	3.10	24:57	8:02	10	4:39	43	6:56	12.10	1:17:35	6:24	45		99	21:31
Eiserner Handwe	3.60	18:18	5:04	34	5:00	164	6:15	15.70	1:35:53	6:06	45		99	27:43
Schlüsie	4.10	18:10	4:25	37	5:48	180	7:12	19.80	1:54:03	5:45	45		99	34:55
Loddenke	3.10	14:34	4:41	27	4:02	156	5:10	22.90	2:08:37	5:36	45		99	40:05
Ilseburg/Markt	3.30	14:52	4:30	19	2:45	89	4:21	26.20	2:23:29	5:28	17	33:07	99	44:26