



43. Brockenlauf
Ilseburg / 07.09.2013

Detailed evaluation

Held, Edmund

Club: electric psychedelic pussycat swingers club
Number: 129

Course: 26.20 km
26,2 km - Lauf

Category:
Männer (20-29 Jahre)

Total time: 2:23:44

Speed: 10.85 km/h
Running performance: 5:29 min/km

Rank in course/Total: 107 (of 456)

Rank in course/Men: 101 (of 399)

Best time in course: 1:39:03

Rank in category: 19(of 40)

Best time in the category: 1:41:42

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	16:51	5:06	15	4:20	82	4:20	3.30	16:51	5:06	39		101	4:16
Schlüsie	3.10	19:15	6:12	21	5:53	126	5:53	6.40	36:06	5:38	39		101	10:06
Hermannsklippe	2.60	16:48	6:27	19	5:15	102	5:15	9.00	52:54	5:52	39		101	15:14
Brocken	3.10	27:54	9:00	19	9:53	109	9:53	12.10	1:20:48	6:40	39		101	24:44
Eiserner Handwe	3.60	16:54	4:41	17	4:51	97	4:51	15.70	1:37:42	6:13	39		101	29:32
Schlüsie	4.10	16:57	4:08	20	5:35	129	5:59	19.80	1:54:39	5:47	39		101	35:31
Loddenke	3.10	13:53	4:28	19	3:46	112	4:29	22.90	2:08:32	5:36	39		101	40:00
Ilseburg/Markt	3.30	15:12	4:36	22	3:46	107	4:41	26.20	2:23:44	5:29	19	42:02	101	44:41