



43. Brockenlauf
Ilseburg / 07.09.2013

Detailed evaluation

Loeser, Sascha

Club: Niedergörsdorf
Number: 196

Course: 26.20 km
26,2 km - Lauf

Category:
Senioren M30 (30-34 Jahre)

Total time: 2:24:15

Speed: 10.81 km/h
Running performance: 5:31 min/km

Rank in course/Total: 108 (of 456)

Rank in course/Men: 102 (of 399)

Best time in course: 1:39:03

Rank in category: 12(of 32)

Best time in the category: 1:39:03

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	15:49	4:47	8	3:14	52	3:18	3.30	15:49	4:47	22		102	3:14
Schlüsie	3.10	17:44	5:43	8	4:19	65	4:22	6.40	33:33	5:14	22		58	7:33
Hermannsklippe	2.60	16:56	6:30	13	5:16	109	5:23	9.00	50:29	5:36	22		102	12:49
Brocken	3.10	25:27	8:12	8	7:03	53	7:26	12.10	1:15:56	6:16	22		102	19:52
Eiserner Handwe	3.60	18:20	5:05	15	6:14	166	6:17	15.70	1:34:16	6:00	22		102	26:06
Schlüsie	4.10	17:28	4:15	15	6:30	155	6:30	19.80	1:51:44	5:38	22		102	32:36
Loddenke	3.10	15:12	4:54	21	5:48	196	5:48	22.90	2:06:56	5:32	22		102	38:24
Ilseburg/Markt	3.30	17:19	5:14	22	6:48	208	6:48	26.20	2:24:15	5:30	12	45:12	102	45:12