



43. Brockenlauf  
Ilseburg / 07.09.2013

Detailed evaluation

Keilwagen, René

Club: NLLB Cottbus e.V  
Number: 245

Course: 26.20 km  
26,2 km - Lauf

Category:  
Senioren M40 (40-44 Jahre)

Total time: 2:24:26

Speed: 10.80 km/h  
Running performance: 5:31 min/km

Rank in course/Total: 110 (of 456)

Rank in course/Men: 104 (of 399)

Best time in course: 1:39:03

Rank in category: 19(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	17:22	5:15	21	3:59	105	4:51	3.30	17:22	5:15	47		104	4:47
Schlüsie	3.10	19:05	6:09	24	4:38	116	5:43	6.40	36:27	5:41	47		104	10:27
Hermannsklippe	2.60	17:11	6:36	24	4:11	124	5:38	9.00	53:38	5:57	47		104	15:58
Brocken	3.10	28:52	9:18	26	8:34	130	10:51	12.10	1:22:30	6:49	47		104	26:26
Eiserner Handwe	3.60	17:46	4:56	28	4:28	146	5:43	15.70	1:40:16	6:23	47		104	32:06
Schlüsie	4.10	16:40	4:03	25	4:18	117	5:42	19.80	1:56:56	5:54	47		104	37:48
Loddenke	3.10	13:13	4:15	15	2:41	76	3:49	22.90	2:10:09	5:41	47		104	41:37
Ilseburg/Markt	3.30	14:17	4:19	12	2:10	58	3:46	26.20	2:24:26	5:30	19	34:04	104	45:23