



43. Brockenlauf
Ilseburg / 07.09.2013

Detailed evaluation

Abe, Steffen

Club: Mainz
Number: 308

Course: 26.20 km
26,2 km - Lauf

Category:
Senioren M40 (40-44 Jahre)

Total time: 2:24:49

Speed: 10.77 km/h
Running performance: 5:32 min/km

Rank in course/Total: 112 (of 456)

Rank in course/Men: 106 (of 399)

Best time in course: 1:39:03

Rank in category: 20(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.	Stage score		Total ranking						
						Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men
Loddenke	3.30	16:55	5:07	16	3:32	87	4:24	3.30	16:55	5:07	48		106	4:20
Schlüsie	3.10	19:12	6:11	25	4:45	123	5:50	6.40	36:07	5:38	48		106	10:07
Hermannsklippe	2.60	17:10	6:36	23	4:10	123	5:37	9.00	53:17	5:55	48		106	15:37
Brocken	3.10	28:25	9:09	25	8:07	118	10:24	12.10	1:21:42	6:45	48		106	25:38
Eiserner Handwe	3.60	16:07	4:28	12	2:49	59	4:04	15.70	1:37:49	6:13	48		106	29:39
Schlüsie	4.10	15:41	3:49	13	3:19	68	4:43	19.80	1:53:30	5:43	48		106	34:22
Loddenke	3.10	13:02	4:12	13	2:30	67	3:38	22.90	2:06:32	5:31	48		106	38:00
Ilseburg/Markt	3.30	18:17	5:32	43	6:10	259	7:46	26.20	2:24:49	5:31	20	34:27	106	45:46