



43. Brockenlauf
Ilseburg / 07.09.2013

Detailed evaluation

Ehrhardt, Armin

Club: SC Borussia Friedrichsfelde
Number: 375

Course: 26.20 km
26,2 km - Lauf

Category:
Senioren M45 (45-49 Jahre)

Total time: 2:24:54

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

Rank in course/Total: 113 (of 456)

Rank in course/Men: 107 (of 399)

Best time in course: 1:39:03

Rank in category: 21(of 99)

Best time in the category: 2:00:26

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	16:59	5:08	21	2:47	90	4:28	3.30	16:59	5:08	56		107	4:24
Schlüsie	3.10	19:08	6:10	25	3:04	119	5:46	6.40	36:07	5:38	56		106	10:07
Hermannsklippe	2.60	17:33	6:45	31	3:18	142	6:00	9.00	53:40	5:57	56		107	16:00
Brocken	3.10	27:34	8:53	22	4:56	100	9:33	12.10	1:21:14	6:42	56		107	25:10
Eiserner Handwe	3.60	16:28	4:34	16	2:05	75	4:25	15.70	1:37:42	6:13	56		101	29:32
Schlüsie	4.10	16:12	3:57	20	2:12	90	5:14	19.80	1:53:54	5:45	56		107	34:46
Loddenke	3.10	14:12	4:34	35	3:03	135	4:48	22.90	2:08:06	5:35	56		107	39:34
Ilseburg/Markt	3.30	16:48	5:05	46	4:41	187	6:17	26.20	2:24:54	5:31	21	24:28	107	45:51