



43. Brockenlauf
Ilseburg / 07.09.2013

Detailed evaluation

Baum, Dirk

Club: TSV Gr. Hesebeck/Röbbel
Number: 13

Course: 26.20 km
26,2 km - Lauf

Category:
Senioren M40 (40-44 Jahre)

Total time: 2:24:59

Speed: 10.76 km/h
Running performance: 5:32 min/km

Rank in course/Total: 114 (of 456)

Rank in course/Men: 108 (of 399)

Best time in course: 1:39:03

Rank in category: 21(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	19:18	5:50	34	5:55	185	6:47	3.30	19:18	5:50	49	1:03	108	6:43
Schlüsie	3.10	19:49	6:23	34	5:22	163	6:27	6.40	39:07	6:06	49	0:15	108	13:07
Hermannsklippe	2.60	17:38	6:46	29	4:38	145	6:05	9.00	56:45	6:18	49		108	19:05
Brocken	3.10	27:15	8:47	18	6:57	89	9:14	12.10	1:24:00	6:56	49		108	27:56
Eiserner Handwe	3.60	17:24	4:49	22	4:06	126	5:21	15.70	1:41:24	6:27	49		108	33:14
Schlüsie	4.10	15:51	3:51	17	3:29	75	4:53	19.80	1:57:15	5:55	49		108	38:07
Loddenke	3.10	13:10	4:14	14	2:38	73	3:46	22.90	2:10:25	5:41	49		108	41:53
Ilseburg/Markt	3.30	14:34	4:24	14	2:27	72	4:03	26.20	2:24:59	5:32	21	34:37	108	45:56