



43. Brockenlauf  
Ilseburg / 07.09.2013

Detailed evaluation

Kühn, Stephan

Club: TSV Gr. Hesebeck/Röbbel  
Number: 14

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: 115 (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	19:19	5:51	35	5:56	187	6:48	3.30	19:19	5:51	50	1:04	109	6:44
Schlüsie	3.10	19:48	6:23	32	5:21	161	6:26	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	15:38	3:48	12	3:16	65	4:40	19.80	1:57:02	5:54	50		109	37:54
Loddenke	3.10	13:22	4:18	16	2:50	80	3:58	22.90	2:10:24	5:41	50		109	41:52
Ilseburg/Markt	3.30	14:35	4:25	15	2:28	74	4:04	26.20	2:24:59	5:32	21	34:37	108	45:56