



43. Brockenlauf
Ilseburg / 07.09.2013

Detailed evaluation

Thau, Tobias

Club: MTV 48 Hildesheim
Number: 332

Course: 26.20 km
26,2 km - Lauf

Category:
Senioren M40 (40-44 Jahre)

Total time: 2:25:03

Speed: 10.75 km/h
Running performance: 5:32 min/km

Rank in course/Total: 116 (of 456)

Rank in course/Men: 110 (of 399)

Best time in course: 1:39:03

Rank in category: 23(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	16:25	4:58	12	3:02	72	3:54	3.30	16:25	4:58	51		110	3:50
Schlüsie	3.10	18:40	6:01	17	4:13	102	5:18	6.40	35:05	5:28	51		110	9:05
Hermannsklippe	2.60	16:32	6:21	18	3:32	95	4:59	9.00	51:37	5:44	51		72	13:57
Brocken	3.10	28:07	9:04	23	7:49	111	10:06	12.10	1:19:44	6:35	51		110	23:40
Eiserner Handwe	3.60	16:38	4:37	15	3:20	79	4:35	15.70	1:36:22	6:08	51		110	28:12
Schlüsie	4.10	17:25	4:14	33	5:03	150	6:27	19.80	1:53:47	5:44	51		110	34:39
Loddenke	3.10	14:26	4:39	26	3:54	149	5:02	22.90	2:08:13	5:35	51		110	39:41
Ilseburg/Markt	3.30	16:50	5:06	36	4:43	189	6:19	26.20	2:25:03	5:32	23	34:41	110	46:00