



43. Brockenlauf
Ilseburg / 07.09.2013

Detailed evaluation

Fischer, Rüdiger

Club: BSG Sparkasse Schaumburg
Number: 369

Course: 26.20 km
26,2 km - Lauf

Category:
Senioren M50 (50-54 Jahre)

Total time: 2:25:13

Speed: 10.74 km/h
Running performance: 5:32 min/km

Rank in course/Total: 119 (of 456)

Rank in course/Men: 112 (of 399)

Best time in course: 1:39:03

Rank in category: 15(of 63)

Best time in the category: 2:02:34

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	18:13	5:31	23	3:25	146	5:42	3.30	18:13	5:31	47		112	5:38
Schlüsie	3.10	18:33	5:59	18	2:12	98	5:11	6.40	36:46	5:44	47		112	10:46
Hermannsklippe	2.60	16:32	6:21	14	2:15	95	4:59	9.00	53:18	5:55	47		97	15:38
Brocken	3.10	26:56	8:41	7	4:01	82	8:55	12.10	1:20:14	6:37	47		112	24:10
Eiserner Handwe	3.60	17:27	4:50	20	2:44	130	5:24	15.70	1:37:41	6:13	47		112	29:31
Schlüsie	4.10	16:12	3:57	10	2:28	90	5:14	19.80	1:53:53	5:45	47		112	34:45
Loddenke	3.10	14:46	4:45	26	3:01	172	5:22	22.90	2:08:39	5:37	47		112	40:07
Ilseburg/Markt	3.30	16:34	5:01	27	3:26	176	6:03	26.20	2:25:13	5:32	15	22:39	112	46:10