



43. Brockenlauf

Ilseburg / 07.09.2013

Detailed evaluation

Kresse, Mathias

Club: NIX tun kann JEDER
Number: 280

Course: 26.20 km
26,2 km - Lauf

Category:
Senioren M45 (45-49 Jahre)

Total time: 2:25:39

Speed: 10.71 km/h
Running performance: 5:34 min/km

Rank in course/Total: 120 (of 456)

Rank in course/Men: 113 (of 399)

Best time in course: 1:39:03

Rank in category: 22(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	17:24	5:16	28	3:12	107	4:53	3.30	17:24	5:16	55		113	4:49
Schlüsie	3.10	19:06	6:09	24	3:02	117	5:44	6.40	36:30	5:42	54		113	10:30
Hermannsklippe	2.60	17:57	6:54	35	3:42	163	6:24	9.00	54:27	6:03	55		113	16:47
Brocken	3.10	29:22	9:28	29	6:44	142	11:21	12.10	1:23:49	6:55	55		113	27:45
Eiserner Handwe	3.60	16:45	4:39	21	2:22	86	4:42	15.70	1:40:34	6:24	55		113	32:24
Schlüsie	4.10	16:02	3:54	18	2:02	81	5:04	19.80	1:56:36	5:53	55		113	37:28
Loddenke	3.10	13:45	4:26	25	2:36	102	4:21	22.90	2:10:21	5:41	55		113	41:49
Ilseburg/Markt	3.30	15:18	4:38	27	3:11	110	4:47	26.20	2:25:39	5:33	22	25:13	113	46:36