



43. Brockenlauf
Ilseburg / 07.09.2013

Detailed evaluation

Derksen, Marcel

Club: AV Veluwe - NL
Number: 54

Course: 26.20 km
26,2 km - Lauf

Category:
Senioren M45 (45-49 Jahre)

Total time: 2:25:45

Speed: 10.70 km/h
Running performance: 5:34 min/km

Rank in course/Total: 121 (of 456)

Rank in course/Men: 114 (of 399)

Best time in course: 1:39:03

Rank in category: 23(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	17:04	5:10	22	2:52	93	4:33	3.30	17:04	5:10	54		78	4:29
Schlüsie	3.10	19:26	6:16	30	3:22	137	6:04	6.40	36:30	5:42	54		113	10:30
Hermannsklippe	2.60	17:31	6:44	30	3:16	140	5:58	9.00	54:01	6:00	54		114	16:21
Brocken	3.10	29:23	9:28	31	6:45	144	11:22	12.10	1:23:24	6:53	54		114	27:20
Eiserner Handwe	3.60	16:11	4:29	14	1:48	63	4:08	15.70	1:39:35	6:20	54		114	31:25
Schlüsie	4.10	16:31	4:01	25	2:31	109	5:33	19.80	1:56:06	5:51	54		114	36:58
Loddenke	3.10	14:06	4:32	31	2:57	128	4:42	22.90	2:10:12	5:41	54		114	41:40
Ilseburg/Markt	3.30	15:33	4:42	30	3:26	124	5:02	26.20	2:25:45	5:33	23	25:19	114	46:42