



43. Brockenlauf  
Ilseburg / 07.09.2013

Detailed evaluation

Clemens, Horst

Club: LC Baderborn  
Number: 475

Course: 26.20 km  
26,2 km - Lauf

Category:  
Senioren M75 (75 und älter)

Total time: 2:25:46

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

Rank in course/Total: 122 (of 456)

Rank in course/Men: 115 (of 399)

Best time in course: 1:39:03

Rank in category: 1(of 4)

Best time in the category: 2:25:46

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	17:59	5:26	1	-	135	5:28	3.30	17:59	5:26	1	-	115	5:24
Schlüsie	3.10	20:28	6:36	1	-	197	7:06	6.40	38:27	6:00	1	-	115	12:27
Hermannsklippe	2.60	17:44	6:49	1	-	148	6:11	9.00	56:11	6:14	1	-	115	18:31
Brocken	3.10	28:25	9:09	1	-	118	10:24	12.10	1:24:36	6:59	1	-	115	28:32
Eiserner Handwe	3.60	16:08	4:28	1	-	60	4:05	15.70	1:40:44	6:24	1	-	115	32:34
Schlüsie	4.10	15:57	3:53	1	-	78	4:59	19.80	1:56:41	5:53	1	-	115	37:33
Loddenke	3.10	13:36	4:23	1	-	92	4:12	22.90	2:10:17	5:41	1	-	115	41:45
Ilseburg/Markt	3.30	15:29	4:41	1	-	122	4:58	26.20	2:25:46	5:33	1	-	115	46:43