



43. Brockenlauf
Ilseburg / 07.09.2013

Detailed evaluation

Rox, Andreas

Club: Ebersbach
Number: 421

Course: 26.20 km
26,2 km - Lauf

Category:
Senioren M50 (50-54 Jahre)

Total time: 2:25:57

Speed: 10.69 km/h
Running performance: 5:34 min/km

Rank in course/Total: 123 (of 456)

Rank in course/Men: 116 (of 399)

Best time in course: 1:39:03

Rank in category: 16(of 63)

Best time in the category: 2:02:34

Intermediate times

Stage score

Total ranking

Control	Intermediate times					Stage score			Total ranking						
	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	18:20	5:33	26	3:32	156	5:49	3.30	18:20	5:33	48		116	5:45	
Schlüsie	3.10	19:20	6:14	23	2:59	131	5:58	6.40	37:40	5:53	48		116	11:40	
Hermannsklippe	2.60	17:02	6:33	19	2:45	115	5:29	9.00	54:42	6:04	48		116	17:02	
Brocken	3.10	26:35	8:34	5	3:40	77	8:34	12.10	1:21:17	6:43	48		116	25:13	
Eiserner Handwe	3.60	17:32	4:52	23	2:49	140	5:29	15.70	1:38:49	6:17	48		116	30:39	
Schlüsie	4.10	18:09	4:25	25	4:25	179	7:11	19.80	1:56:58	5:54	48		116	37:50	
Loddenke	3.10	13:50	4:27	14	2:05	107	4:26	22.90	2:10:48	5:42	48		116	42:16	
Ilseburg/Markt	3.30	15:09	4:35	13	2:01	104	4:38	26.20	2:25:57	5:34	16	23:23	116	46:54	