



43. Brockenlauf  
Ilseburg / 07.09.2013

Detailed evaluation

Maier, Frank

Club: Meyenburg  
Number: 181

Course: 26.20 km  
26,2 km - Lauf

Category:  
Senioren M45 (45-49 Jahre)

Total time: 2:26:01

Speed: 10.68 km/h  
Running performance: 5:34 min/km

Rank in course/Total: 124 (of 456)

Rank in course/Men: 117 (of 399)

Best time in course: 1:39:03

Rank in category: 24(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	20:09	6:06	57	5:57	245	7:38	3.30	20:09	6:06	53		103	7:34
Schlüsie	3.10	20:04	6:28	36	4:00	176	6:42	6.40	40:13	6:17	53		117	14:13
Hermannsklippe	2.60	17:15	6:38	24	3:00	126	5:42	9.00	57:28	6:23	53		117	19:48
Brocken	3.10	28:09	9:04	23	5:31	113	10:08	12.10	1:25:37	7:04	53		117	29:33
Eiserner Handwe	3.60	16:32	4:35	18	2:09	77	4:29	15.70	1:42:09	6:30	53		117	33:59
Schlüsie	4.10	16:37	4:03	28	2:37	114	5:39	19.80	1:58:46	5:59	53		117	39:38
Loddenke	3.10	13:14	4:16	20	2:05	77	3:50	22.90	2:12:00	5:45	53		117	43:28
Ilseburg/Markt	3.30	14:01	4:14	11	1:54	47	3:30	26.20	2:26:01	5:34	24	25:35	117	46:58