



43. Brockenlauf
Ilseburg / 07.09.2013

Detailed evaluation

Stürmer, Martin

Club: Göttingen
Number: 356

Course: 26.20 km
26,2 km - Lauf

Category:
Senioren M30 (30-34 Jahre)

Total time: 2:26:23

Speed: 10.66 km/h
Running performance: 5:35 min/km

Rank in course/Total: 126 (of 456)

Rank in course/Men: 119 (of 399)

Best time in course: 1:39:03

Rank in category: 13(of 32)

Best time in the category: 1:39:03

| 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 | 18:31 | 5:36 | 17 | 5:56 | 160 | 6:00 | 3.30 | 18:31 | 5:36 | 21 | | 119 | 5:56 |
| Schlüsie | 3.10 | 19:49 | 6:23 | 17 | 6:24 | 163 | 6:27 | 6.40 | 38:20 | 5:59 | 21 | | 119 | 12:20 |
| Hermannsklippe | 2.60 | 17:57 | 6:54 | 18 | 6:17 | 163 | 6:24 | 9.00 | 56:17 | 6:15 | 21 | | 119 | 18:37 |
| Brocken | 3.10 | 27:17 | 8:48 | 14 | 8:53 | 92 | 9:16 | 12.10 | 1:23:34 | 6:54 | 21 | | 119 | 27:30 |
| Eiserner Handwe | 3.60 | 18:00 | 5:00 | 14 | 5:54 | 155 | 5:57 | 15.70 | 1:41:34 | 6:28 | 21 | | 119 | 33:24 |
| Schlüsie | 4.10 | 16:04 | 3:55 | 9 | 5:06 | 83 | 5:06 | 19.80 | 1:57:38 | 5:56 | 21 | | 119 | 38:30 |
| Loddenke | 3.10 | 13:26 | 4:19 | 8 | 4:02 | 83 | 4:02 | 22.90 | 2:11:04 | 5:43 | 21 | | 119 | 42:32 |
| Ilseburg/Markt | 3.30 | 15:19 | 4:38 | 11 | 4:48 | 111 | 4:48 | 26.20 | 2:26:23 | 5:35 | 13 | 47:20 | 119 | 47:20 |