



43. Brockenlauf
Ilseburg / 07.09.2013

Detailed evaluation

Zillmann, Uwe

Club: Braunschweig
Number: 443

Course: 26.20 km
26,2 km - Lauf

Category:
Senioren M45 (45-49 Jahre)

Total time: 2:26:35

Speed: 10.64 km/h
Running performance: 5:35 min/km

Rank in course/Total: 128 (of 456)

Rank in course/Men: 121 (of 399)

Best time in course: 1:39:03

Rank in category: 25(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	21:07	6:23	74	6:55	301	8:36	3.30	21:07	6:23	52		121	8:32
Schlüsie	3.10	18:56	6:06	23	2:52	112	5:34	6.40	40:03	6:15	52		121	14:03
Hermannsklippe	2.60	15:51	6:05	12	1:36	63	4:18	9.00	55:54	6:12	52		121	18:14
Brocken	3.10	25:55	8:21	13	3:17	63	7:54	12.10	1:21:49	6:45	52		121	25:45
Eiserner Handwe	3.60	18:02	5:00	40	3:39	157	5:59	15.70	1:39:51	6:21	52		121	31:41
Schlüsie	4.10	17:46	4:19	40	3:46	166	6:48	19.80	1:57:37	5:56	52		121	38:29
Loddenke	3.10	14:03	4:31	30	2:54	124	4:39	22.90	2:11:40	5:44	52		121	43:08
Ilseburg/Markt	3.30	14:55	4:31	21	2:48	93	4:24	26.20	2:26:35	5:35	25	26:09	121	47:32