



43. Brockenlauf  
Ilseburg / 07.09.2013

Detailed evaluation

Einecke, Adrian

Club: LSG Ascania Aschersleben  
Number: 2

Course: 26.20 km  
26,2 km - Lauf

Category:  
Senioren M40 (40-44 Jahre)

Total time: 2:26:36

Speed: 10.64 km/h  
Running performance: 5:36 min/km

Rank in course/Total: 129 (of 456)

Rank in course/Men: 122 (of 399)

Best time in course: 1:39:03

Rank in category: 24(of 55)

Best time in the category: 1:50:22

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	17:03	5:10	17	3:40	92	4:32	3.30	17:03	5:10	52		122	4:28
Schlüsie	3.10	18:54	6:05	22	4:27	110	5:32	6.40	35:57	5:37	52		122	9:57
Hermannsklippe	2.60	16:51	6:28	20	3:51	104	5:18	9.00	52:48	5:51	52		122	15:08
Brocken	3.10	27:48	8:58	22	7:30	106	9:47	12.10	1:20:36	6:39	52		122	24:32
Eiserner Handwe	3.60	17:57	4:59	30	4:39	152	5:54	15.70	1:38:33	6:16	52		122	30:23
Schlüsie	4.10	17:19	4:13	32	4:57	145	6:21	19.80	1:55:52	5:51	52		122	36:44
Loddenke	3.10	14:34	4:41	27	4:02	156	5:10	22.90	2:10:26	5:41	52		122	41:54
Ilseburg/Markt	3.30	16:10	4:53	28	4:03	153	5:39	26.20	2:26:36	5:35	24	36:14	122	47:33