



43. Brockenlauf  
Ilseburg / 07.09.2013

Detailed evaluation

Kroll, Gunnar

Club: Neuruppin  
Number: 1003

Course: 26.20 km  
26,2 km - Lauf

Category:  
Senioren M45 (45-49 Jahre)

Total time: 2:26:46

Speed: 10.63 km/h  
Running performance: 5:36 min/km

Rank in course/Total: 131 (of 456)

Rank in course/Men: 124 (of 399)

Best time in course: 1:39:03

Rank in category: 26(of 99)

Best time in the category: 2:00:26

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	16:00	4:50	12	1:48	59	3:29	3.30	16:00	4:50	64		124	3:25
Schlüsie	3.10	18:55	6:06	22	2:51	111	5:33	6.40	34:55	5:27	64		124	8:55
Hermannsklippe	2.60	17:27	6:42	29	3:12	138	5:54	9.00	52:22	5:49	64		124	14:42
Brocken	3.10	29:32	9:31	32	6:54	147	11:31	12.10	1:21:54	6:46	64		124	25:50
Eiserner Handwe	3.60	17:27	4:50	33	3:04	130	5:24	15.70	1:39:21	6:19	64		124	31:11
Schlüsie	4.10	17:09	4:10	34	3:09	138	6:11	19.80	1:56:30	5:53	64		124	37:22
Loddenke	3.10	14:10	4:34	34	3:01	132	4:46	22.90	2:10:40	5:42	64		124	42:08
Ilseburg/Markt	3.30	16:06	4:52	35	3:59	149	5:35	26.20	2:26:46	5:36	26	26:20	124	47:43