



43. Brockenlauf
Ilseburg / 07.09.2013

Detailed evaluation

Brünke, Thomas

Club: FF Mandelstoß/Amedorf
Number: 459

Course: 26.20 km
26,2 km - Lauf

Category:
Senioren M40 (40-44 Jahre)

Total time: 2:26:52

Speed: 10.62 km/h
Running performance: 5:37 min/km

Rank in course/Total: 132 (of 456)

Rank in course/Men: 125 (of 399)

Best time in course: 1:39:03

Rank in category: 26(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	18:41	5:39	31	5:18	170	6:10	3.30	18:41	5:39	54	0:26	125	6:06
Schlüsie	3.10	18:53	6:05	21	4:26	108	5:31	6.40	37:34	5:52	54		125	11:34
Hermannsklippe	2.60	17:09	6:35	22	4:09	121	5:36	9.00	54:43	6:04	54		125	17:03
Brocken	3.10	30:08	9:43	31	9:50	169	12:07	12.10	1:24:51	7:00	54		125	28:47
Eiserner Handwe	3.60	15:36	4:19	9	2:18	42	3:33	15.70	1:40:27	6:23	54		125	32:17
Schlüsie	4.10	15:50	3:51	16	3:28	73	4:52	19.80	1:56:17	5:52	54		125	37:09
Loddenke	3.10	13:59	4:30	22	3:27	120	4:35	22.90	2:10:16	5:41	54		120	41:44
Ilseburg/Markt	3.30	16:36	5:01	33	4:29	177	6:05	26.20	2:26:52	5:36	26	36:30	125	47:49