



43. Brockenlauf
Ilseburg / 07.09.2013

Detailed evaluation

Poerschke, Ralf

Club: MSV-Eintracht Halberstadt
Number: 30

Course: 26.20 km
26,2 km - Lauf

Category:
Senioren M50 (50-54 Jahre)

Total time: 2:27:45

Speed: 10.56 km/h
Running performance: 5:38 min/km

Rank in course/Total: 138 (of 456)

Rank in course/Men: 130 (of 399)

Best time in course: 1:39:03

Rank in category: 21(of 63)

Best time in the category: 2:02:34

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Stage score		Total km	Total Time	Total min/km	Pos Cat.	Total ranking		
						Pos Men	Behind Men					Pos Men	Behind Men	
Loddenke	3.30	17:58	5:26	20	3:10	134	5:27	3.30	17:58	5:26	53	130	5:23	
Schlüsie	3.10	18:23	5:55	15	2:02	93	5:01	6.40	36:21	5:40	53	130	10:21	
Hermannsklippe	2.60	16:55	6:30	17	2:38	107	5:22	9.00	53:16	5:55	53	81	15:36	
Brocken	3.10	28:24	9:09	16	5:29	117	10:23	12.10	1:21:40	6:44	53	130	25:36	
Eiserner Handwe	3.60	17:14	4:47	15	2:31	116	5:11	15.70	1:38:54	6:17	53	130	30:44	
Schlüsie	4.10	17:10	4:11	18	3:26	139	6:12	19.80	1:56:04	5:51	53	130	36:56	
Loddenke	3.10	14:49	4:46	27	3:04	175	5:25	22.90	2:10:53	5:42	53	130	42:21	
Ilseburg/Markt	3.30	16:52	5:06	30	3:44	192	6:21	26.20	2:27:45	5:38	21	25:11	130	48:42