



43. Brockenlauf  
Ilseburg / 07.09.2013

Detailed evaluation

Riemenschneider, Lars

Club: Darlingerode  
Number: 461

Course: 26.20 km  
26,2 km - Lauf

Category:  
Männer (20-29 Jahre)

Total time: 2:28:06

Speed: 10.61 km/h  
Running performance: 5:39 min/km

Rank in course/Total: 140 (of 456)

Rank in course/Men: 132 (of 399)

Best time in course: 1:39:03

Rank in category: 22(of 40)

Best time in the category: 1:41:42

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	18:34	5:37	25	6:03	162	6:03	3.30	18:34	5:37	2		132	5:59
Schlüsie	3.10	19:08	6:10	20	5:46	119	5:46	6.40	37:42	5:53	2		132	11:42
Hermannsklippe	2.60	17:08	6:35	21	5:35	119	5:35	9.00	54:50	6:05	2		132	17:10
Brocken	3.10	29:46	9:36	26	11:45	152	11:45	12.10	1:24:36	6:59	2		115	28:32
Eiserner Handwe	3.60	16:45	4:39	16	4:42	86	4:42	15.70	1:41:21	6:27	2		132	33:11
Schlüsie	4.10	16:21	3:59	16	4:59	97	5:23	19.80	1:57:42	5:56	2		132	38:34
Loddenke	3.10	14:08	4:33	23	4:01	130	4:44	22.90	2:11:50	5:45	2		132	43:18
Ilseburg/Markt	3.30	16:16	4:55	26	4:50	160	5:45	26.20	2:28:06	5:39	22	46:24	132	49:03