



43. Brockenlauf
Ilseburg / 07.09.2013

Detailed evaluation

Fiebach, Norbert

Club: Wümme Express Rotenburg
Number: 161

Course: 26.20 km
26,2 km - Lauf

Category:
Senioren M45 (45-49 Jahre)

Total time: 2:28:51

Speed: 10.48 km/h
Running performance: 5:41 min/km

Rank in course/Total: 141 (of 456)

Rank in course/Men: 133 (of 399)

Best time in course: 1:39:03

Rank in category: 29(of 99)

Best time in the category: 2:00:26

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	17:19	5:14	27	3:07	103	4:48	3.30	17:19	5:14	97		133	4:44
Schlüsie	3.10	18:07	5:50	16	2:03	82	4:45	6.40	35:26	5:32	97		133	9:26
Hermannsklippe	2.60	16:14	6:14	19	1:59	82	4:41	9.00	51:40	5:44	97		82	14:00
Brocken	3.10	30:15	9:45	36	7:37	172	12:14	12.10	1:21:55	6:46	97		133	25:51
Eiserner Handwe	3.60	17:14	4:47	29	2:51	116	5:11	15.70	1:39:09	6:18	97		133	30:59
Schlüsie	4.10	19:03	4:38	53	5:03	224	8:05	19.80	1:58:12	5:58	97		129	39:04
Loddenke	3.10	13:49	4:27	27	2:40	106	4:25	22.90	2:12:01	5:45	97		133	43:29
Ilseburg/Markt	3.30	16:50	5:06	47	4:43	189	6:19	26.20	2:28:51	5:40	29	28:25	133	49:48