



43. Brockenlauf
Ilseburg / 07.09.2013

Detailed evaluation

Sickel, Steffen

Club: FC Gebesee
Number: 491

Course: 26.20 km
26,2 km - Lauf

Category:
Senioren M40 (40-44 Jahre)

Total time: 2:28:55

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

Rank in course/Total: 142 (of 456)

Rank in course/Men: 134 (of 399)

Best time in course: 1:39:03

Rank in category: 27(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	18:34	5:37	30	5:11	162	6:03	3.30	18:34	5:37	55	0:19	132	5:59
Schlüsie	3.10	19:34	6:18	28	5:07	144	6:12	6.40	38:08	5:57	55		134	12:08
Hermannsklippe	2.60	17:20	6:39	26	4:20	132	5:47	9.00	55:28	6:09	55		134	17:48
Brocken	3.10	30:43	9:54	35	10:25	190	12:42	12.10	1:26:11	7:07	55		134	30:07
Eiserner Handwe	3.60	18:08	5:02	33	4:50	162	6:05	15.70	1:44:19	6:38	5		134	36:09
Schlüsie	4.10	16:50	4:06	28	4:28	122	5:52	19.80	2:01:09	6:07	55		134	42:01
Loddenke	3.10	12:34	4:03	10	2:02	43	3:10	22.90	2:13:43	5:50	55		134	45:11
Ilseburg/Markt	3.30	15:12	4:36	21	3:05	107	4:41	26.20	2:28:55	5:41	27	38:33	134	49:52