



43. Brockenlauf
Ilseburg / 07.09.2013

Detailed evaluation

Timmler-Wöhler, Frank

Club: LC BLUE LINER WOLFENBÜTTEL
Number: 440

Course: 26.20 km
26,2 km - Lauf

Category:
Senioren M50 (50-54 Jahre)

Total time: 2:29:27

Speed: 10.44 km/h
Running performance: 5:42 min/km

Rank in course/Total: 145 (of 456)

Rank in course/Men: 137 (of 399)

Best time in course: 1:39:03

Rank in category: 22(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.	Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men
Loddenke	3.30	18:16	5:32	25	3:28	152	5:45	3.30	18:16	5:32	54		64	5:41
Schlüsie	3.10	19:52	6:24	28	3:31	170	6:30	6.40	38:08	5:57	54		134	12:08
Hermannsklippe	2.60	17:20	6:39	23	3:03	132	5:47	9.00	55:28	6:09	54		134	17:48
Brocken	3.10	28:30	9:11	17	5:35	122	10:29	12.10	1:23:58	6:56	54		137	27:54
Eiserner Handwe	3.60	18:47	5:13	28	4:04	187	6:44	15.70	1:42:45	6:32	54		137	34:35
Schlüsie	4.10	17:00	4:08	14	3:16	130	6:02	19.80	1:59:45	6:02	54		137	40:37
Loddenke	3.10	14:16	4:36	20	2:31	140	4:52	22.90	2:14:01	5:51	54		137	45:29
Ilseburg/Markt	3.30	15:26	4:40	15	2:18	117	4:55	26.20	2:29:27	5:42	22	26:53	137	50:24