



43. Brockenlauf  
Ilseburg / 07.09.2013

Detailed evaluation

Joppe, Holger

Club: TSV Hilwartshausen  
Number: 251

Course: 26.20 km  
26,2 km - Lauf

Category:  
Senioren M45 (45-49 Jahre)

Total time: 2:29:52

Speed: 10.41 km/h  
Running performance: 5:43 min/km

Rank in course/Total: 148 (of 456)

Rank in course/Men: 140 (of 399)

Best time in course: 1:39:03

Rank in category: 30(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	19:28	5:53	45	5:16	201	6:57	3.30	19:28	5:53	14		140	6:53
Schlüsie	3.10	21:08	6:49	53	5:04	222	7:46	6.40	40:36	6:20	96		140	14:36
Hermannsklippe	2.60	18:16	7:01	39	4:01	181	6:43	9.00	58:52	6:32	96		140	21:12
Brocken	3.10	30:16	9:45	37	7:38	173	12:15	12.10	1:29:08	7:21	96		140	33:04
Eiserner Handwe	3.60	16:56	4:42	24	2:33	99	4:53	15.70	1:46:04	6:45	96		140	37:54
Schlüsie	4.10	16:24	4:00	21	2:24	100	5:26	19.80	2:02:28	6:11	96		140	43:20
Loddenke	3.10	12:52	4:09	13	1:43	60	3:28	22.90	2:15:20	5:54	96		140	46:48
Ilseburg/Markt	3.30	14:32	4:24	15	2:25	70	4:01	26.20	2:29:52	5:43	30	29:26	140	50:49