



43. Brockenlauf
Ilseburg / 07.09.2013

Detailed evaluation

Pahnke, Andreas

Club: Berlin
Number: 76

Course: 26.20 km
26,2 km - Lauf

Category:
Senioren M30 (30-34 Jahre)

Total time: 2:30:04

Speed: 10.40 km/h
Running performance: 5:44 min/km

Rank in course/Total: 149 (of 456)

Rank in course/Men: 141 (of 399)

Best time in course: 1:39:03

Rank in category: 14(of 32)

Best time in the category: 1:39:03

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	19:27	5:53	19	6:52	195	6:56	3.30	19:27	5:53	20		59	6:52
Schlüsie	3.10	19:20	6:14	13	5:55	131	5:58	6.40	38:47	6:03	20		59	12:47
Hermannsklippe	2.60	16:26	6:19	11	4:46	87	4:53	9.00	55:13	6:08	20		141	17:33
Brocken	3.10	27:16	8:47	13	8:52	91	9:15	12.10	1:22:29	6:49	20		141	26:25
Eiserner Handwe	3.60	16:50	4:40	11	4:44	95	4:47	15.70	1:39:19	6:19	20		141	31:09
Schlüsie	4.10	17:35	4:17	16	6:37	158	6:37	19.80	1:56:54	5:54	20		141	37:46
Loddenke	3.10	15:15	4:55	22	5:51	199	5:51	22.90	2:12:09	5:46	20		141	43:37
Ilseburg/Markt	3.30	17:55	5:25	24	7:24	240	7:24	26.20	2:30:04	5:43	14	51:01	141	51:01