



43. Brockenlauf  
Ilseburg / 07.09.2013

Detailed evaluation

Langemeyer, Thomas

Club: sportTREND Ultralaufteam  
Number: 61

Course: 26.20 km  
26,2 km - Lauf

Category:  
Senioren M45 (45-49 Jahre)

Total time: 2:30:11

Speed: 10.39 km/h  
Running performance: 5:44 min/km

Rank in course/Total: 150 (of 456)

Rank in course/Men: 142 (of 399)

Best time in course: 1:39:03

Rank in category: 31(of 99)

Best time in the category: 2:00:26

Intermediate times

Stage score

Total ranking

Control	Split		Pos	Behind	Pos		Total	Total	Total	Pos	Behind	Pos	Behind	
	km	Time			min/km	Cat.								Cat.
Loddenke	3.30	18:35	5:37	38	4:23	165	6:04	3.30	18:35	5:37	95		66	6:00
Schlüsie	3.10	19:17	6:13	27	3:13	127	5:55	6.40	37:52	5:54	95		142	11:52
Hermannsklippe	2.60	17:56	6:53	33	3:41	161	6:23	9.00	55:48	6:11	95		142	18:08
Brocken	3.10	30:14	9:45	35	7:36	171	12:13	12.10	1:26:02	7:06	95		142	29:58
Eiserner Handwe	3.60	16:38	4:37	19	2:15	79	4:35	15.70	1:42:40	6:32	95		142	34:30
Schlüsie	4.10	16:27	4:00	23	2:27	106	5:29	19.80	1:59:07	6:00	95		142	39:59
Loddenke	3.10	14:33	4:41	39	3:24	154	5:09	22.90	2:13:40	5:50	95		142	45:08
Ilseburg/Markt	3.30	16:31	5:00	42	4:24	172	6:00	26.20	2:30:11	5:43	31	29:45	142	51:08