



43. Brockenlauf
Ilseburg / 07.09.2013

Detailed evaluation

Sternberg, Ulf

Club: HGL Wernigerode
Number: 267

Course: 26.20 km
26,2 km - Lauf

Category:
Senioren M50 (50-54 Jahre)

Total time: 2:30:43

Speed: 10.35 km/h
Running performance: 5:45 min/km

Rank in course/Total: 153 (of 456)

Rank in course/Men: 144 (of 399)

Best time in course: 1:39:03

Rank in category: 23(of 63)

Best time in the category: 2:02:34

Intermediate times

Stage score

Total ranking

Control	Intermediate times					Stage score			Total ranking					
	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	17:48	5:23	18	3:00	125	5:17	3.30	17:48	5:23	55		144	5:13
Schlüsie	3.10	20:09	6:29	30	3:48	182	6:47	6.40	37:57	5:55	55		144	11:57
Hermannsklippe	2.60	18:18	7:02	30	4:01	183	6:45	9.00	56:15	6:15	55		144	18:35
Brocken	3.10	29:57	9:39	28	7:02	161	11:56	12.10	1:26:12	7:07	55		144	30:08
Eiserner Handwe	3.60	17:28	4:51	22	2:45	134	5:25	15.70	1:43:40	6:36	55		144	35:30
Schlüsie	4.10	17:03	4:09	16	3:19	132	6:05	19.80	2:00:43	6:05	55		144	41:35
Loddenke	3.10	14:16	4:36	20	2:31	140	4:52	22.90	2:14:59	5:53	55		144	46:27
Ilseburg/Markt	3.30	15:44	4:46	20	2:36	130	5:13	26.20	2:30:43	5:45	23	28:09	144	51:40