



43. Brockenlauf  
Ilseburg / 07.09.2013

Detailed evaluation

Sirowi, Kevin

Club: Burgdorf  
Number: 370

Course: 26.20 km  
26,2 km - Lauf

Category:  
Männer (20-29 Jahre)

Total time: 2:30:49

Speed: 10.34 km/h  
Running performance: 5:46 min/km

Rank in course/Total: 154 (of 456)

Rank in course/Men: 145 (of 399)

Best time in course: 1:39:03

Rank in category: 24(of 40)

Best time in the category: 1:41:42

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	18:31	5:36	24	6:00	160	6:00	3.30	18:31	5:36	4		119	5:56
Schlüsie	3.10	19:49	6:23	26	6:27	163	6:27	6.40	38:20	5:59	4		119	12:20
Hermannsklippe	2.60	17:57	6:54	26	6:24	163	6:24	9.00	56:17	6:15	4		119	18:37
Brocken	3.10	29:52	9:38	27	11:51	156	11:51	12.10	1:26:09	7:07	4		145	30:05
Eiserner Handwe	3.60	19:12	5:19	27	7:09	210	7:09	15.70	1:45:21	6:42	4		145	37:11
Schlüsie	4.10	17:56	4:22	26	6:34	172	6:58	19.80	2:03:17	6:13	4		145	44:09
Loddenke	3.10	13:10	4:14	15	3:03	73	3:46	22.90	2:16:27	5:57	4		145	47:55
Ilseburg/Markt	3.30	14:22	4:21	13	2:56	61	3:51	26.20	2:30:49	5:45	24	49:07	145	51:46