



43. Brockenlauf
Ilseburg / 07.09.2013

Detailed evaluation

Senft, Roland

Club: Concordia Beuren
Number: 394

Course: 26.20 km
26,2 km - Lauf

Category:
Senioren M50 (50-54 Jahre)

Total time: 2:31:09

Speed: 10.40 km/h
Running performance: 5:46 min/km

Rank in course/Total: 156 (of 456)

Rank in course/Men: 147 (of 399)

Best time in course: 1:39:03

Rank in category: 24(of 63)

Best time in the category: 2:02:34

| 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 | 17:45 | 5:22 | 16 | 2:57 | 119 | 5:14 | 3.30 | 17:45 | 5:22 | 56 | | 87 | 5:10 |
| Schlüsie | 3.10 | 19:44 | 6:21 | 27 | 3:23 | 157 | 6:22 | 6.40 | 37:29 | 5:51 | 56 | | 147 | 11:29 |
| Hermannsklippe | 2.60 | 17:49 | 6:51 | 27 | 3:32 | 156 | 6:16 | 9.00 | 55:18 | 6:08 | 56 | | 147 | 17:38 |
| Brocken | 3.10 | 31:02 | 10:00 | 31 | 8:07 | 196 | 13:01 | 12.10 | 1:26:20 | 7:08 | 56 | | 147 | 30:16 |
| Eiserner Handwe | 3.60 | 17:03 | 4:44 | 14 | 2:20 | 106 | 5:00 | 15.70 | 1:43:23 | 6:35 | 56 | | 147 | 35:13 |
| Schlüsie | 4.10 | 17:20 | 4:13 | 21 | 3:36 | 147 | 6:22 | 19.80 | 2:00:43 | 6:05 | 55 | | 144 | 41:35 |
| Loddenke | 3.10 | 14:11 | 4:34 | 18 | 2:26 | 134 | 4:47 | 22.90 | 2:14:54 | 5:53 | 56 | | 147 | 46:22 |
| Ilseburg/Markt | 3.30 | 16:15 | 4:55 | 25 | 3:07 | 159 | 5:44 | 26.20 | 2:31:09 | 5:46 | 24 | 28:35 | 147 | 52:06 |