



43. Brockenlauf
Ilseburg / 07.09.2013

Detailed evaluation

Genrich, Dr. Florian

Club: Post SV Holzminden
Number: 96

Course: 26.20 km
26,2 km - Lauf

Category:
Senioren M30 (30-34 Jahre)

Total time: 2:31:50

Speed: 10.27 km/h
Running performance: 5:48 min/km

Rank in course/Total: 159 (of 456)

Rank in course/Men: 150 (of 399)

Best time in course: 1:39:03

Rank in category: 15(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	19:28	5:53	20	6:53	201	6:57	3.30	19:28	5:53	19		140	6:53
Schlüsie	3.10	21:09	6:49	24	7:44	223	7:47	6.40	40:37	6:20	19	1:34	150	14:37
Hermannsklippe	2.60	18:42	7:11	22	7:02	203	7:09	9.00	59:19	6:35	19	2:28	150	21:39
Brocken	3.10	29:49	9:37	17	11:25	154	11:48	12.10	1:29:08	7:21	19	1:49	140	33:04
Eiserner Handwe	3.60	16:59	4:43	12	4:53	101	4:56	15.70	1:46:07	6:45	19		150	37:57
Schlüsie	4.10	16:50	4:06	13	5:52	122	5:52	19.80	2:02:57	6:12	19		150	43:49
Loddenke	3.10	13:52	4:28	11	4:28	109	4:28	22.90	2:16:49	5:58	19		150	48:17
Ilseburg/Markt	3.30	15:01	4:33	10	4:30	98	4:30	26.20	2:31:50	5:47	15	52:47	150	52:47