



43. Brockenlauf
Ilseburg / 07.09.2013

Detailed evaluation

Bedemann, Torsten

Club: Ziltendorfer Rennmäuse
Number: 271

Course: 26.20 km
26,2 km - Lauf

Category:
Senioren M45 (45-49 Jahre)

Total time: 2:32:09

Speed: 10.25 km/h
Running performance: 5:49 min/km

Rank in course/Total: 162 (of 456)

Rank in course/Men: 152 (of 399)

Best time in course: 1:39:03

Rank in category: 33(of 99)

Best time in the category: 2:00:26

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	19:43	5:58	53	5:31	221	7:12	3.30	19:43	5:58	93		152	7:08
Schlüsie	3.10	20:12	6:30	40	4:08	184	6:50	6.40	39:55	6:14	93		152	13:55
Hermannsklippe	2.60	16:59	6:31	22	2:44	111	5:26	9.00	56:54	6:19	93		152	19:14
Brocken	3.10	30:18	9:46	38	7:40	175	12:17	12.10	1:27:12	7:12	91		152	31:08
Eiserner Handwe	3.60	18:35	5:09	43	4:12	175	6:32	15.70	1:45:47	6:44	80		152	37:37
Schlüsie	4.10	18:03	4:24	42	4:03	177	7:05	19.80	2:03:50	6:15	93		152	44:42
Loddenke	3.10	13:50	4:27	28	2:41	107	4:26	22.90	2:17:40	6:00	93		152	49:08
Ilseburg/Markt	3.30	14:29	4:23	14	2:22	65	3:58	26.20	2:32:09	5:48	33	31:43	152	53:06