



43. Brockenlauf
Ilseburg / 07.09.2013

Detailed evaluation

Wernecke, Frank

Club: W+J

Number: 457

Course: 26.20 km

26,2 km - Lauf

Category:

Senioren M45 (45-49 Jahre)

Total time: 2:32:38

Speed: 10.22 km/h

Running performance: 5:50 min/km

Rank in course/Total: 165 (of 456)

Rank in course/Men: 154 (of 399)

Best time in course: 1:39:03

Rank in category: 34(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.	Stage score		Total ranking						
						Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men
Loddenke	3.30	16:22	4:57	15	2:10	69	3:51	3.30	16:22	4:57	92		154	3:47
Schlüsie	3.10	19:31	6:17	31	3:27	141	6:09	6.40	35:53	5:36	92		154	9:53
Hermannsklippe	2.60	18:22	7:03	41	4:07	189	6:49	9.00	54:15	6:01	92		154	16:35
Brocken	3.10	30:33	9:51	42	7:55	183	12:32	12.10	1:24:48	7:00	92		154	28:44
Eiserner Handwe	3.60	17:28	4:51	34	3:05	134	5:25	15.70	1:42:16	6:30	92		131	34:06
Schlüsie	4.10	16:24	4:00	21	2:24	100	5:26	19.80	1:58:40	5:59	92		154	39:32
Loddenke	3.10	17:06	5:30	71	5:57	286	7:42	22.90	2:15:46	5:55	92		154	47:14
Ilseburg/Markt	3.30	16:52	5:06	48	4:45	192	6:21	26.20	2:32:38	5:49	34	32:12	154	53:35