



43. Brockenlauf  
Ilseburg / 07.09.2013

Detailed evaluation

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Club: Tigerrunner-Gehlenbeck  
Number: 492

Course: 26.20 km  
26,2 km - Lauf

Category:  
Senioren M40 (40-44 Jahre)

Total time: 2:32:54

Speed: 10.20 km/h  
Running performance: 5:50 min/km

Rank in course/Total: 166 (of 456)

Rank in course/Men: 155 (of 399)

Best time in course: 1:39:03

Rank in category: 30(of 55)

Best time in the category: 1:50:22

Intermediate times

Stage score

Total ranking

Control	Intermediate times				Stage score				Total ranking					
	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	18:09	5:30	26	4:46	144	5:38	3.30	18:09	5:30	3		155	5:34
Schlüsie	3.10	18:52	6:05	20	4:25	106	5:30	6.40	37:01	5:47	3		155	11:01
Hermannsklippe	2.60	17:57	6:54	34	4:57	163	6:24	9.00	54:58	6:06	3		155	17:18
Brocken	3.10	30:33	9:51	34	10:15	183	12:32	12.10	1:25:31	7:04	3		155	29:27
Eiserner Handwe	3.60	17:01	4:43	17	3:43	104	4:58	15.70	1:42:32	6:31	3		155	34:22
Schlüsie	4.10	15:44	3:50	15	3:22	71	4:46	19.80	1:58:16	5:58	3		155	39:08
Loddenke	3.10	16:59	5:28	44	6:27	282	7:35	22.90	2:15:15	5:54	3		155	46:43
Ilseburg/Markt	3.30	17:39	5:20	41	5:32	226	7:08	26.20	2:32:54	5:50	30	42:32	155	53:51