



43. Brockenlauf
Ilseburg / 07.09.2013

Detailed evaluation

Tschirner, Oliver

Club: Prevelli Galiani Runners
Number: 372

Course: 26.20 km
26,2 km - Lauf

Category:
Senioren M45 (45-49 Jahre)

Total time: 2:32:57

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

Rank in course/Total: 167 (of 456)

Rank in course/Men: 156 (of 399)

Best time in course: 1:39:03

Rank in category: 35(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	21:04	6:23	72	6:52	296	8:33	3.30	21:04	6:23	91		156	8:29
Schlüsie	3.10	19:13	6:11	26	3:09	124	5:51	6.40	40:17	6:17	91		156	14:17
Hermannsklippe	2.60	17:23	6:41	28	3:08	136	5:50	9.00	57:40	6:24	91		156	20:00
Brocken	3.10	29:32	9:31	32	6:54	147	11:31	12.10	1:27:12	7:12	91		152	31:08
Eiserner Handwe	3.60	16:59	4:43	26	2:36	101	4:56	15.70	1:44:11	6:38	91		156	36:01
Schlüsie	4.10	16:27	4:00	23	2:27	106	5:29	19.80	2:00:38	6:05	91		156	41:30
Loddenke	3.10	14:14	4:35	36	3:05	136	4:50	22.90	2:14:52	5:53	91		156	46:20
Ilseburg/Markt	3.30	18:05	5:28	63	5:58	250	7:34	26.20	2:32:57	5:50	35	32:31	156	53:54