



43. Brockenlauf  
Ilseburg / 07.09.2013

Detailed evaluation

Oevering, Erik

Club: AV Flevo Delta  
Number: 55

Course: 26.20 km  
26,2 km - Lauf

Category:  
Senioren M40 (40-44 Jahre)

Total time: 2:33:27

Speed: 10.17 km/h  
Running performance: 5:52 min/km

Rank in course/Total: 168 (of 456)

Rank in course/Men: 157 (of 399)

Best time in course: 1:39:03

Rank in category: 31(of 55)

Best time in the category: 1:50:22

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	16:52	5:06	15	3:29	83	4:21	3.30	16:52	5:06	4		68	4:17
Schlüsie	3.10	19:46	6:22	31	5:19	160	6:24	6.40	36:38	5:43	4		157	10:38
Hermannsklippe	2.60	18:06	6:57	35	5:06	172	6:33	9.00	54:44	6:04	4		157	17:04
Brocken	3.10	32:13	10:23	45	11:55	237	14:12	12.10	1:26:57	7:11	4		157	30:53
Eiserner Handwe	3.60	17:31	4:51	26	4:13	139	5:28	15.70	1:44:28	6:39	4		157	36:18
Schlüsie	4.10	16:37	4:03	24	4:15	114	5:39	19.80	2:01:05	6:06	4		157	41:57
Loddenke	3.10	15:24	4:58	39	4:52	211	6:00	22.90	2:16:29	5:57	4		157	47:57
Ilseburg/Markt	3.30	16:58	5:08	37	4:51	196	6:27	26.20	2:33:27	5:51	31	43:05	157	54:24