



43. Brockenlauf  
Ilseburg / 07.09.2013

Detailed evaluation

Stange, Jan

Club: Sachsen  
Number: 480

Course: 26.20 km  
26,2 km - Lauf

Category:  
Senioren M45 (45-49 Jahre)

Total time: 2:33:33

Speed: 10.16 km/h  
Running performance: 5:52 min/km

Rank in course/Total: 169 (of 456)

Rank in course/Men: 158 (of 399)

Best time in course: 1:39:03

Rank in category: 36(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	20:21	6:10	61	6:09	256	7:50	3.30	20:21	6:10	90		158	7:46
Schlüsie	3.10	21:09	6:49	54	5:05	223	7:47	6.40	41:30	6:29	90		158	15:30
Hermannsklippe	2.60	18:20	7:03	40	4:05	186	6:47	9.00	59:50	6:38	90		158	22:10
Brocken	3.10	29:14	9:25	28	6:36	139	11:13	12.10	1:29:04	7:21	90		158	33:00
Eiserner Handwe	3.60	18:37	5:10	44	4:14	177	6:34	15.70	1:47:41	6:51	90		158	39:31
Schlüsie	4.10	16:42	4:04	30	2:42	118	5:44	19.80	2:04:23	6:16	90		158	45:15
Loddenke	3.10	13:59	4:30	29	2:50	120	4:35	22.90	2:18:22	6:02	90		158	49:50
Ilseburg/Markt	3.30	15:11	4:36	25	3:04	106	4:40	26.20	2:33:33	5:51	36	33:07	158	54:30