



43. Brockenlauf
Ilseburg / 07.09.2013

Detailed evaluation

Kajüter, Burkhard

Club: Emsbüren
Number: 236

Course: 26.20 km
26,2 km - Lauf

Category:
Senioren M45 (45-49 Jahre)

Total time: 2:33:40

Speed: 10.15 km/h
Running performance: 5:52 min/km

Rank in course/Total: 170 (of 456)

Rank in course/Men: 159 (of 399)

Best time in course: 1:39:03

Rank in category: 37(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	17:18	5:14	26	3:06	102	4:47	3.30	17:18	5:14	89		159	4:43
Schlüsie	3.10	20:46	6:41	48	4:42	209	7:24	6.40	38:04	5:56	89		159	12:04
Hermannsklippe	2.60	20:00	7:41	60	5:45	254	8:27	9.00	58:04	6:27	89		159	20:24
Brocken	3.10	30:21	9:47	40	7:43	178	12:20	12.10	1:28:25	7:18	89		159	32:21
Eiserner Handwe	3.60	16:58	4:42	25	2:35	100	4:55	15.70	1:45:23	6:42	89		159	37:13
Schlüsie	4.10	17:19	4:13	36	3:19	145	6:21	19.80	2:02:42	6:11	89		159	43:34
Loddenke	3.10	15:00	4:50	47	3:51	183	5:36	22.90	2:17:42	6:00	89		159	49:10
Ilseburg/Markt	3.30	15:58	4:50	33	3:51	142	5:27	26.20	2:33:40	5:51	37	33:14	159	54:37