



43. Brockenlauf
Ilseburg / 07.09.2013

Detailed evaluation

Broer, Thomas

Club: Kiel
Number: 70

Course: 26.20 km
26,2 km - Lauf

Category:
Senioren M40 (40-44 Jahre)

Total time: 2:34:13

Speed: 10.12 km/h
Running performance: 5:53 min/km

Rank in course/Total: 171 (of 456)

Rank in course/Men: 160 (of 399)

Best time in course: 1:39:03

Rank in category: 32(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	18:13	5:31	27	4:50	146	5:42	3.30	18:13	5:31	5		112	5:38
Schlüsie	3.10	19:48	6:23	32	5:21	161	6:26	6.40	38:01	5:56	5		160	12:01
Hermannsklippe	2.60	17:51	6:51	32	4:51	157	6:18	9.00	55:52	6:12	5		139	18:12
Brocken	3.10	29:55	9:39	29	9:37	158	11:54	12.10	1:25:47	7:05	5		160	29:43
Eiserner Handwe	3.60	18:32	5:08	35	5:14	173	6:29	15.70	1:44:19	6:38	5		134	36:09
Schlüsie	4.10	18:20	4:28	38	5:58	187	7:22	19.80	2:02:39	6:11	5		160	43:31
Loddenke	3.10	15:10	4:53	35	4:38	193	5:46	22.90	2:17:49	6:01	5		160	49:17
Ilseburg/Markt	3.30	16:24	4:58	31	4:17	167	5:53	26.20	2:34:13	5:53	32	43:51	160	55:10