



43. Brockenlauf
Ilseburg / 07.09.2013

Detailed evaluation

Franzke, Jan

Club: TG Wehlheiden Kassel
Number: 444

Course: 26.20 km
26,2 km - Lauf

Category:
Senioren M45 (45-49 Jahre)

Total time: 2:34:16

Speed: 10.11 km/h
Running performance: 5:53 min/km

Rank in course/Total: 172 (of 456)

Rank in course/Men: 161 (of 399)

Best time in course: 1:39:03

Rank in category: 38(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	18:03	5:28	33	3:51	140	5:32	3.30	18:03	5:28	76		131	5:28
Schlüsie	3.10	20:16	6:32	41	4:12	188	6:54	6.40	38:19	5:59	76		161	12:19
Hermannsklippe	2.60	19:17	7:25	52	5:02	222	7:44	9.00	57:36	6:24	76		161	19:56
Brocken	3.10	31:21	10:06	47	8:43	207	13:20	12.10	1:28:57	7:21	76		161	32:53
Eiserner Handwe	3.60	17:19	4:48	31	2:56	121	5:16	15.70	1:46:16	6:46	76		161	38:06
Schlüsie	4.10	17:07	4:10	33	3:07	136	6:09	19.80	2:03:23	6:13	76		161	44:15
Loddenke	3.10	14:33	4:41	39	3:24	154	5:09	22.90	2:17:56	6:01	76		161	49:24
Ilseburg/Markt	3.30	16:20	4:56	40	4:13	165	5:49	26.20	2:34:16	5:53	38	33:50	161	55:13