



43. Brockenlauf
Ilseburg / 07.09.2013

Detailed evaluation

Zeptner, Jürgen

Club: LAV Alfeld
Number: 393

Course: 26.20 km
26,2 km - Lauf

Category:
Senioren M50 (50-54 Jahre)

Total time: 2:34:17

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

Rank in course/Total: 173 (of 456)

Rank in course/Men: 162 (of 399)

Best time in course: 1:39:03

Rank in category: 27(of 63)

Best time in the category: 2:02:34

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	17:53	5:25	19	3:05	128	5:22	3.30	17:53	5:25	59		162	5:18
Schlüsie	3.10	18:52	6:05	20	2:31	106	5:30	6.40	36:45	5:44	59		162	10:45
Hermannsklippe	2.60	17:44	6:49	25	3:27	148	6:11	9.00	54:29	6:03	59		162	16:49
Brocken	3.10	29:55	9:39	27	7:00	158	11:54	12.10	1:24:24	6:58	59		162	28:20
Eiserner Handwe	3.60	19:17	5:21	34	4:34	213	7:14	15.70	1:43:41	6:36	59		162	35:31
Schlüsie	4.10	18:52	4:36	31	5:08	213	7:54	19.80	2:02:33	6:11	59		162	43:25
Loddenke	3.10	15:19	4:56	31	3:34	203	5:55	22.90	2:17:52	6:01	59		162	49:20
Ilseburg/Markt	3.30	16:25	4:58	26	3:17	168	5:54	26.20	2:34:17	5:53	27	31:43	162	55:14