



43. Brockenlauf  
Ilseburg / 07.09.2013

Detailed evaluation

Kistner, Dennis

Club: Leipzig  
Number: 220

Course: 26.20 km  
26,2 km - Lauf

Category:  
Senioren M40 (40-44 Jahre)

Total time: 2:34:22

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

Rank in course/Total: 174 (of 456)

Rank in course/Men: 163 (of 399)

Best time in course: 1:39:03

Rank in category: 33(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	17:46	5:23	23	4:23	123	5:15	3.30	17:46	5:23	6		80	5:11
Schlüsie	3.10	19:01	6:08	23	4:34	114	5:39	6.40	36:47	5:44	6		163	10:47
Hermannsklippe	2.60	17:45	6:49	31	4:45	151	6:12	9.00	54:32	6:03	6		163	16:52
Brocken	3.10	31:03	10:00	37	10:45	198	13:02	12.10	1:25:35	7:04	6		163	29:31
Eiserner Handwe	3.60	18:40	5:11	36	5:22	182	6:37	15.70	1:44:15	6:38	6		163	36:05
Schlüsie	4.10	18:33	4:31	39	6:11	192	7:35	19.80	2:02:48	6:12	6		163	43:40
Loddenke	3.10	15:25	4:58	40	4:53	212	6:01	22.90	2:18:13	6:02	6		163	49:41
Ilseburg/Markt	3.30	16:09	4:53	27	4:02	150	5:38	26.20	2:34:22	5:53	33	44:00	163	55:19