



43. Brockenlauf
Ilseburg / 07.09.2013

Detailed evaluation

Hartig, Matthias

Club: SV Türlau/Voltze
Number: 453

Course: 26.20 km
26,2 km - Lauf

Category:
Senioren M40 (40-44 Jahre)

Total time: 2:34:23

Speed: 10.10 km/h
Running performance: 5:53 min/km

Rank in course/Total: 175 (of 456)

Rank in course/Men: 164 (of 399)

Best time in course: 1:39:03

Rank in category: 34(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	18:24	5:34	29	5:01	158	5:53	3.30	18:24	5:34	7	0:09	164	5:49
Schlüsie	3.10	19:34	6:18	28	5:07	144	6:12	6.40	37:58	5:55	7		164	11:58
Hermannsklippe	2.60	18:16	7:01	37	5:16	181	6:43	9.00	56:14	6:14	7		164	18:34
Brocken	3.10	27:08	8:45	16	6:50	86	9:07	12.10	1:23:22	6:53	7		164	27:18
Eiserner Handwe	3.60	19:31	5:25	43	6:13	222	7:28	15.70	1:42:53	6:33	7		164	34:43
Schlüsie	4.10	19:50	4:50	46	7:28	259	8:52	19.80	2:02:43	6:11	7		164	43:35
Loddenke	3.10	15:20	4:56	38	4:48	205	5:56	22.90	2:18:03	6:01	7		164	49:31
Ilseburg/Markt	3.30	16:20	4:56	30	4:13	165	5:49	26.20	2:34:23	5:53	34	44:01	164	55:20