



43. Brockenlauf
Ilseburg / 07.09.2013

Detailed evaluation

Bischoff, Tom

Club: Groß Häuslingen
Number: 218

Course: 26.20 km
26,2 km - Lauf

Category:
Senioren M40 (40-44 Jahre)

Total time: 2:35:04

Speed: 10.06 km/h
Running performance: 5:55 min/km

Rank in course/Total: 180 (of 456)

Rank in course/Men: 168 (of 399)

Best time in course: 1:39:03

Rank in category: 36(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	19:31	5:54	42	6:08	210	7:00	3.30	19:31	5:54	9	1:16	168	6:56
Schlüsie	3.10	19:50	6:23	36	5:23	168	6:28	6.40	39:21	6:08	9	0:29	168	13:21
Hermannsklippe	2.60	17:32	6:44	27	4:32	141	5:59	9.00	56:53	6:19	9		168	19:13
Brocken	3.10	30:20	9:47	33	10:02	177	12:19	12.10	1:27:13	7:12	9		168	31:09
Eiserner Handwe	3.60	19:24	5:23	40	6:06	215	7:21	15.70	1:46:37	6:47	9		168	38:27
Schlüsie	4.10	17:48	4:20	34	5:26	167	6:50	19.80	2:04:25	6:17	9		168	45:17
Loddenke	3.10	14:37	4:42	30	4:05	163	5:13	22.90	2:19:02	6:04	9		168	50:30
Ilseburg/Markt	3.30	16:02	4:51	25	3:55	145	5:31	26.20	2:35:04	5:55	36	44:42	168	56:01