



43. Brockenlauf
Ilseburg / 07.09.2013

Detailed evaluation

Göhler, Christian

Club: LC Auensee Leipzig
Number: 310

Course: 26.20 km
26,2 km - Lauf

Category:
Senioren M55 (55-59 Jahre)

Total time: 2:35:08

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

Rank in course/Total: 181 (of 456)

Rank in course/Men: 169 (of 399)

Best time in course: 1:39:03

Rank in category: 6(of 30)

Best time in the category: 2:11:15

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	19:29	5:54	11	3:32	206	6:58	3.30	19:29	5:54	26		169	6:54
Schlüsie	3.10	19:35	6:19	4	2:43	148	6:13	6.40	39:04	6:06	26		169	13:04
Hermannsklippe	2.60	17:46	6:49	4	2:34	153	6:13	9.00	56:50	6:18	26		169	19:10
Brocken	3.10	30:30	9:50	5	4:20	181	12:29	12.10	1:27:20	7:13	26		169	31:16
Eiserner Handwe	3.60	19:51	5:30	12	4:17	236	7:48	15.70	1:47:11	6:49	26		169	39:01
Schlüsie	4.10	17:43	4:19	7	2:40	161	6:45	19.80	2:04:54	6:18	26		169	45:46
Loddenke	3.10	14:27	4:39	5	1:44	150	5:03	22.90	2:19:21	6:05	26		169	50:49
Ilseburg/Markt	3.30	15:47	4:46	5	2:03	132	5:16	26.20	2:35:08	5:55	6	23:53	169	56:05