



43. Brockenlauf
Ilseburg / 07.09.2013

Detailed evaluation

Göhler, René

Club: LC Auensee Leipzig
Number: 309

Course: 26.20 km
26,2 km - Lauf

Category:
Senioren M30 (30-34 Jahre)

Total time: 2:35:10

Speed: 10.05 km/h
Running performance: 5:55 min/km

Rank in course/Total: 182 (of 456)

Rank in course/Men: 170 (of 399)

Best time in course: 1:39:03

Rank in category: 17(of 32)

Best time in the category: 1:39:03

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	21	6:54	206	6:58	3.30	19:29	5:54	1	-	169	6:54
Schlüsie	3.10	19:34	6:18	15	6:09	144	6:12	6.40	39:03	6:06	1	-	170	13:03
Hermannsklippe	2.60	17:48	6:50	16	6:08	154	6:15	9.00	56:51	6:18	1	-	170	19:11
Brocken	3.10	30:28	9:49	18	12:04	180	12:27	12.10	1:27:19	7:12	1	-	170	31:15
Eiserner Handwe	3.60	19:14	5:20	22	7:08	211	7:11	15.70	1:46:33	6:47	1	-	170	38:23
Schlüsie	4.10	18:22	4:28	19	7:24	188	7:24	19.80	2:04:55	6:18	1	-	170	45:47
Loddenke	3.10	14:25	4:39	15	5:01	148	5:01	22.90	2:19:20	6:05	1	-	170	50:48
Ilseburg/Markt	3.30	15:50	4:47	14	5:19	136	5:19	26.20	2:35:10	5:55	17	56:07	170	56:07