



43. Brockenlauf
Ilseburg / 07.09.2013

Detailed evaluation

Haselhoff, Arend

Club: Lüneburg
Number: 228

Course: 26.20 km
26,2 km - Lauf

Category:
Senioren M30 (30-34 Jahre)

Total time: 2:35:47

Speed: 10.09 km/h
Running performance: 5:57 min/km

Rank in course/Total: 186 (of 456)

Rank in course/Men: 173 (of 399)

Best time in course: 1:39:03

Rank in category: 19(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	17:28	5:17	13	4:53	110	4:57	3.30	17:28	5:17	15		153	4:53
Schlüsie	3.10	20:22	6:34	20	6:57	194	7:00	6.40	37:50	5:54	15		173	11:50
Hermannsklippe	2.60	19:32	7:30	23	7:52	234	7:59	9.00	57:22	6:22	15	0:31	173	19:42
Brocken	3.10	32:09	10:22	23	13:45	233	14:08	12.10	1:29:31	7:23	15	2:12	173	33:27
Eiserner Handwe	3.60	18:25	5:06	17	6:19	169	6:22	15.70	1:47:56	6:52	15	1:23	173	39:46
Schlüsie	4.10	19:11	4:40	22	8:13	228	8:13	19.80	2:07:07	6:25	15	2:12	173	47:59
Loddenke	3.10	13:52	4:28	11	4:28	109	4:28	22.90	2:20:59	6:09	15	1:39	173	52:27
Ilseburg/Markt	3.30	14:48	4:29	8	4:17	85	4:17	26.20	2:35:47	5:56	19	56:44	173	56:44