



43. Brockenlauf
Ilseburg / 07.09.2013

Detailed evaluation

Weise, Stephan

Club: Lauffreunde Gotha e.V.
Number: 115

Course: 26.20 km
26,2 km - Lauf

Category:
Senioren M45 (45-49 Jahre)

Total time: 2:36:18

Speed: 9.98 km/h
Running performance: 5:58 min/km

Rank in course/Total: 191 (of 456)

Rank in course/Men: 177 (of 399)

Best time in course: 1:39:03

Rank in category: 41(of 99)

Best time in the category: 2:00:26

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	17:05	5:10	23	2:53	96	4:34	3.30	17:05	5:10	85		178	4:30
Schlüsie	3.10	19:20	6:14	29	3:16	131	5:58	6.40	36:25	5:41	85		178	10:25
Hermannsklippe	2.60	18:36	7:09	44	4:21	201	7:03	9.00	55:01	6:06	85		178	17:21
Brocken	3.10	31:34	10:10	51	8:56	214	13:33	12.10	1:26:35	7:09	85		178	30:31
Eiserner Handwe	3.60	18:02	5:00	40	3:39	157	5:59	15.70	1:44:37	6:39	85		178	36:27
Schlüsie	4.10	18:38	4:32	45	4:38	195	7:40	19.80	2:03:15	6:13	85		177	44:07
Loddenke	3.10	15:30	5:00	53	4:21	215	6:06	22.90	2:18:45	6:03	85		178	50:13
Ilseburg/Markt	3.30	17:33	5:19	58	5:26	223	7:02	26.20	2:36:18	5:57	41	35:52	177	57:15