



43. Brockenlauf
Ilseburg / 07.09.2013

Detailed evaluation

Mitjà Mallol, Roger

Club: Braunschweig
Number: 175

Course: 26.20 km
26,2 km - Lauf

Category:
Senioren M30 (30-34 Jahre)

Total time: 2:36:40

Speed: 9.96 km/h
Running performance: 5:59 min/km

Rank in course/Total: 192 (of 456)

Rank in course/Men: 179 (of 399)

Best time in course: 1:39:03

Rank in category: 20(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	18:11	5:30	16	5:36	145	5:40	3.30	18:11	5:30	14		179	5:36
Schlüsie	3.10	19:25	6:15	14	6:00	136	6:03	6.40	37:36	5:52	14		179	11:36
Hermannsklippe	2.60	17:08	6:35	14	5:28	119	5:35	9.00	54:44	6:04	14		157	17:04
Brocken	3.10	28:56	9:20	16	10:32	131	10:55	12.10	1:23:40	6:54	14		179	27:36
Eiserner Handwe	3.60	19:29	5:24	24	7:23	218	7:26	15.70	1:43:09	6:34	14		179	34:59
Schlüsie	4.10	17:43	4:19	17	6:45	161	6:45	19.80	2:00:52	6:06	14		179	41:44
Loddenke	3.10	17:59	5:48	29	8:35	312	8:35	22.90	2:18:51	6:03	14		179	50:19
Ilseburg/Markt	3.30	17:49	5:23	23	7:18	233	7:18	26.20	2:36:40	5:58	20	57:37	179	57:37