



43. Brockenlauf
Ilseburg / 07.09.2013

Detailed evaluation

Röker, Dirk

Club: TSV Warzen
Number: 259

Course: 26.20 km
26,2 km - Lauf

Category:
Senioren M40 (40-44 Jahre)

Total time: 2:37:29

Speed: 9.98 km/h
Running performance: 6:01 min/km

Rank in course/Total: 198 (of 456)

Rank in course/Men: 185 (of 399)

Best time in course: 1:39:03

Rank in category: 37(of 55)

Best time in the category: 1:50:22

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	19:10	5:48	32	5:47	178	6:39	3.30	19:10	5:48	10	0:55	185	6:35
Schlüsie	3.10	20:50	6:43	41	6:23	213	7:28	6.40	40:00	6:15	10	1:08	185	14:00
Hermannsklippe	2.60	18:45	7:12	41	5:45	205	7:12	9.00	58:45	6:31	10	1:10	185	21:05
Brocken	3.10	31:18	10:05	40	11:00	205	13:17	12.10	1:30:03	7:26	10		185	33:59
Eiserner Handwe	3.60	17:59	4:59	31	4:41	153	5:56	15.70	1:48:02	6:52	10		185	39:52
Schlüsie	4.10	17:48	4:20	34	5:26	167	6:50	19.80	2:05:50	6:21	10		185	46:42
Loddenke	3.10	15:01	4:50	34	4:29	185	5:37	22.90	2:20:51	6:09	10		184	52:19
Ilseburg/Markt	3.30	16:38	5:02	34	4:31	179	6:07	26.20	2:37:29	6:00	37	47:07	185	58:26