



43. Brockenlauf
Ilseburg / 07.09.2013

Detailed evaluation

Krocker, Steffen

Club: LG Konradsburg 90
Number: 347

Course: 26.20 km
26,2 km - Lauf

Category:
Senioren M45 (45-49 Jahre)

Total time: 2:38:01

Speed: 9.87 km/h
Running performance: 6:02 min/km

Rank in course/Total: 201 (of 456)

Rank in course/Men: 188 (of 399)

Best time in course: 1:39:03

Rank in category: 46(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	19:42	5:58	51	5:30	219	7:11	3.30	19:42	5:58	22		187	7:07
Schlüsie	3.10	20:49	6:42	49	4:45	210	7:27	6.40	40:31	6:19	81		187	14:31
Hermannsklippe	2.60	18:28	7:06	43	4:13	197	6:55	9.00	58:59	6:33	81		187	21:19
Brocken	3.10	30:02	9:41	34	7:24	165	12:01	12.10	1:29:01	7:21	81		187	32:57
Eiserner Handwe	3.60	18:29	5:08	42	4:06	172	6:26	15.70	1:47:30	6:50	81		187	39:20
Schlüsie	4.10	17:45	4:19	38	3:45	163	6:47	19.80	2:05:15	6:19	81		187	46:07
Loddenke	3.10	15:08	4:52	50	3:59	189	5:44	22.90	2:20:23	6:07	81		187	51:51
Ilseburg/Markt	3.30	17:38	5:20	59	5:31	225	7:07	26.20	2:38:01	6:01	46	37:35	188	58:58