



43. Brockenlauf
Ilsenburg / 07.09.2013

Detailed evaluation

Bethke, Jörn

Club: Brockenlaufverein Ilsenburg
Number: 150

Course: 26.20 km
26,2 km - Lauf

Category:
Senioren M40 (40-44 Jahre)

Total time: 2:38:08

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

Rank in course/Total: 202 (of 456)

Rank in course/Men: 189 (of 399)

Best time in course: 1:39:03

Rank in category: 38(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	19:30	5:54	41	6:07	208	6:59	3.30	19:30	5:54	11	1:15	184	6:55
Schlüsie	3.10	21:00	6:46	42	6:33	219	7:38	6.40	40:30	6:19	11	1:38	188	14:30
Hermannsklippe	2.60	19:00	7:18	43	6:00	213	7:27	9.00	59:30	6:36	11	1:55	188	21:50
Brocken	3.10	32:01	10:19	43	11:43	232	14:00	12.10	1:31:31	7:33	11		188	35:27
Eiserner Handwe	3.60	17:53	4:58	29	4:35	149	5:50	15.70	1:49:24	6:58	11		188	41:14
Schlüsie	4.10	17:14	4:12	31	4:52	141	6:16	19.80	2:06:38	6:23	11		188	47:30
Loddenke	3.10	14:58	4:49	32	4:26	180	5:34	22.90	2:21:36	6:11	11		188	53:04
Ilsenburg/Markt	3.30	16:32	5:00	32	4:25	173	6:01	26.20	2:38:08	6:02	38	47:46	189	59:05