



43. Brockenlauf
Ilseburg / 07.09.2013

Detailed evaluation

Böning, Matthias

Club: Hildesheim
Number: 22

Course: 26.20 km
26,2 km - Lauf

Category:
Senioren M45 (45-49 Jahre)

Total time: 2:37:37

Speed: 9.97 km/h
Running performance: 6:01 min/km

Rank in course/Total: 200 (of 456)

Rank in course/Men: 187 (of 399)

Best time in course: 1:39:03

Rank in category: 45(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	18:19	5:33	35	4:07	154	5:48	3.30	18:19	5:33	80		76	5:44
Schlüsie	3.10	19:49	6:23	34	3:45	163	6:27	6.40	38:08	5:57	80		134	12:08
Hermannsklippe	2.60	18:11	6:59	38	3:56	177	6:38	9.00	56:19	6:15	80		189	18:39
Brocken	3.10	30:18	9:46	38	7:40	175	12:17	12.10	1:26:37	7:09	80		189	30:33
Eiserner Handwe	3.60	19:10	5:19	53	4:47	208	7:07	15.70	1:45:47	6:44	80		152	37:37
Schlüsie	4.10	19:47	4:49	60	5:47	256	8:49	19.80	2:05:34	6:20	80		189	46:26
Loddenke	3.10	15:20	4:56	52	4:11	205	5:56	22.90	2:20:54	6:09	80		189	52:22
Ilseburg/Markt	3.30	16:43	5:03	45	4:36	185	6:12	26.20	2:37:37	6:00	45	37:11	187	58:34