



43. Brockenlauf
Ilseburg / 07.09.2013

Detailed evaluation

Jensen, Ib

Club: Kolding Motion
Number: 1

Course: 26.20 km
26,2 km - Lauf

Category:
Senioren M50 (50-54 Jahre)

Total time: 2:38:58

Speed: 9.81 km/h
Running performance: 6:04 min/km

Rank in course/Total: 205 (of 456)

Rank in course/Men: 191 (of 399)

Best time in course: 1:39:03

Rank in category: 29(of 63)

Best time in the category: 2:02:34

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	19:40	5:57	35	4:52	216	7:09	3.30	19:40	5:57	61		191	7:05
Schlüsie	3.10	21:03	6:47	35	4:42	220	7:41	6.40	40:43	6:21	61		191	14:43
Hermannsklippe	2.60	19:57	7:40	39	5:40	253	8:24	9.00	1:00:40	6:44	61		191	23:00
Brocken	3.10	32:09	10:22	36	9:14	233	14:08	12.10	1:32:49	7:40	61		191	36:45
Eiserner Handwe	3.60	16:45	4:39	11	2:02	86	4:42	15.70	1:49:34	6:58	61		191	41:24
Schlüsie	4.10	18:44	4:34	30	5:00	203	7:46	19.80	2:08:18	6:28	61		191	49:10
Loddenke	3.10	14:44	4:45	25	2:59	170	5:20	22.90	2:23:02	6:14	61		191	54:30
Ilseburg/Markt	3.30	15:56	4:49	21	2:48	140	5:25	26.20	2:38:58	6:04	29	36:24	191	59:55