



43. Brockenlauf
Ilseburg / 07.09.2013

Detailed evaluation

Mock, Ralf

Club: TuS Hasede
Number: 348

Course: 26.20 km
26,2 km - Lauf

Category:
Senioren M50 (50-54 Jahre)

Total time: 2:39:03

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

Rank in course/Total: 206 (of 456)

Rank in course/Men: 192 (of 399)

Best time in course: 1:39:03

Rank in category: 30(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	20:01	6:03	38	5:13	238	7:30	3.30	20:01	6:03	20		192	7:26
Schlüsie	3.10	20:40	6:40	34	4:19	206	7:18	6.40	40:41	6:21	62		192	14:41
Hermannsklippe	2.60	18:12	6:59	29	3:55	179	6:39	9.00	58:53	6:32	62		192	21:13
Brocken	3.10	29:25	9:29	24	6:30	146	11:24	12.10	1:28:18	7:17	62		192	32:14
Eiserner Handwe	3.60	18:48	5:13	29	4:05	188	6:45	15.70	1:47:06	6:49	62		192	38:56
Schlüsie	4.10	18:55	4:36	33	5:11	216	7:57	19.80	2:06:01	6:21	62		192	46:53
Loddenke	3.10	15:56	5:08	35	4:11	230	6:32	22.90	2:21:57	6:11	62		192	53:25
Ilseburg/Markt	3.30	17:06	5:10	32	3:58	200	6:35	26.20	2:39:03	6:04	30	36:29	192	1:00:00