



43. Brockenlauf
Ilseburg / 07.09.2013

Detailed evaluation

Flügel, Tim

Club: Hildesheim
Number: 222

Course: 26.20 km
26,2 km - Lauf

Category:
Männer (20-29 Jahre)

Total time: 2:39:12

Speed: 9.80 km/h
Running performance: 6:05 min/km

Rank in course/Total: 208 (of 456)

Rank in course/Men: 193 (of 399)

Best time in course: 1:39:03

Rank in category: 29(of 40)

Best time in the category: 1:41:42

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	18:56	5:44	26	6:25	174	6:25	3.30	18:56	5:44	9		194	6:21
Schlüsie	3.10	20:05	6:28	28	6:43	179	6:43	6.40	39:01	6:05	9		194	13:01
Hermannsklippe	2.60	18:23	7:04	30	6:50	191	6:50	9.00	57:24	6:22	9		194	19:44
Brocken	3.10	29:32	9:31	25	11:31	147	11:31	12.10	1:26:56	7:11	9		194	30:52
Eiserner Handwe	3.60	19:08	5:18	26	7:05	206	7:05	15.70	1:46:04	6:45	9		140	37:54
Schlüsie	4.10	17:48	4:20	25	6:26	167	6:50	19.80	2:03:52	6:15	9		194	44:44
Loddenke	3.10	15:41	5:03	33	5:34	225	6:17	22.90	2:19:33	6:05	9		194	51:01
Ilseburg/Markt	3.30	19:39	5:57	33	8:13	304	9:08	26.20	2:39:12	6:04	29	57:30	193	1:00:09