



43. Brockenlauf  
Ilseburg / 07.09.2013

Detailed evaluation

Krakow, Manfred

Club: LG Henneberg  
Number: 166

Course: 26.20 km  
26,2 km - Lauf

Category:  
Senioren M55 (55-59 Jahre)

Total time: 2:39:22

Speed: 9.79 km/h  
Running performance: 6:05 min/km

Rank in course/Total: 210 (of 456)

Rank in course/Men: 195 (of 399)

Best time in course: 1:39:03

Rank in category: 7(of 30)

Best time in the category: 2:11:15

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	17:59	5:26	4	2:02	135	5:28	3.30	17:59	5:26	25		115	5:24
Schlüsie	3.10	20:25	6:35	7	3:33	195	7:03	6.40	38:24	5:59	25		195	12:24
Hermannsklippe	2.60	19:08	7:21	7	3:56	215	7:35	9.00	57:32	6:23	25		195	19:52
Brocken	3.10	31:49	10:15	11	5:39	222	13:48	12.10	1:29:21	7:23	25		174	33:17
Eiserner Handwe	3.60	18:10	5:02	5	2:36	163	6:07	15.70	1:47:31	6:50	25		195	39:21
Schlüsie	4.10	17:48	4:20	8	2:45	167	6:50	19.80	2:05:19	6:19	25		195	46:11
Loddenke	3.10	15:36	5:01	11	2:53	220	6:12	22.90	2:20:55	6:09	25		195	52:23
Ilseburg/Markt	3.30	18:27	5:35	17	4:43	268	7:56	26.20	2:39:22	6:04	7	28:07	195	1:00:19