



43. Brockenlauf
Ilseburg / 07.09.2013

Detailed evaluation

Baecke, Sebastian

Club: Wolmirstedt
Number: 219

Course: 26.20 km
26,2 km - Lauf

Category:
Senioren M30 (30-34 Jahre)

Total time: 2:40:25

Speed: 9.72 km/h
Running performance: 6:07 min/km

Rank in course/Total: 220 (of 456)

Rank in course/Men: 203 (of 399)

Best time in course: 1:39:03

Rank in category: 22(of 32)

Best time in the category: 1:39:03

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	20:03	6:04	24	7:28	241	7:32	3.30	20:03	6:04	12	0:34	190	7:28
Schlüsie	3.10	19:53	6:24	18	6:28	171	6:31	6.40	39:56	6:14	12	0:53	203	13:56
Hermannsklippe	2.60	17:48	6:50	16	6:08	154	6:15	9.00	57:44	6:24	12	0:53	203	20:04
Brocken	3.10	30:34	9:51	19	12:10	186	12:33	12.10	1:28:18	7:17	12	0:59	192	32:14
Eiserner Handwe	3.60	19:09	5:19	21	7:03	207	7:06	15.70	1:47:27	6:50	12	0:54	203	39:17
Schlüsie	4.10	18:41	4:33	20	7:43	201	7:43	19.80	2:06:08	6:22	12	1:13	203	47:00
Loddenke	3.10	16:03	5:10	23	6:39	234	6:39	22.90	2:22:11	6:12	12	2:51	203	53:39
Ilseburg/Markt	3.30	18:14	5:31	25	7:43	257	7:43	26.20	2:40:25	6:07	22	1:01:22	203	1:01:22