



43. Brockenlauf
Ilseburg / 07.09.2013

Detailed evaluation

Rotermund, Berut

Club: Finanz Informatik
Number: 465

Course: 26.20 km
26,2 km - Lauf

Category:
Senioren M45 (45-49 Jahre)

Total time: 2:40:32

Speed: 9.72 km/h
Running performance: 6:08 min/km

Rank in course/Total: 221 (of 456)

Rank in course/Men: 204 (of 399)

Best time in course: 1:39:03

Rank in category: 50(of 99)

Best time in the category: 2:00:26

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	20:16	6:08	59	6:04	252	7:45	3.30	20:16	6:08	39		204	7:41
Schlüsie	3.10	20:28	6:36	44	4:24	197	7:06	6.40	40:44	6:21	39		204	14:44
Hermannsklippe	2.60	17:56	6:53	33	3:41	161	6:23	9.00	58:40	6:31	39		204	21:00
Brocken	3.10	30:57	9:59	44	8:19	195	12:56	12.10	1:29:37	7:24	39		204	33:33
Eiserner Handwe	3.60	19:21	5:22	54	4:58	214	7:18	15.70	1:48:58	6:56	39		204	40:48
Schlüsie	4.10	18:59	4:37	52	4:59	221	8:01	19.80	2:07:57	6:27	39		204	48:49
Loddenke	3.10	15:15	4:55	51	4:06	199	5:51	22.90	2:23:12	6:15	39		204	54:40
Ilseburg/Markt	3.30	17:20	5:15	53	5:13	210	6:49	26.20	2:40:32	6:07	50	40:06	204	1:01:29