



43. Brockenlauf  
Ilseburg / 07.09.2013

Detailed evaluation

Stephan, Philip

Club: Team Erdinger Alkoholfrei  
Number: 177

Course: 26.20 km  
26,2 km - Lauf

Category:  
Senioren M30 (30-34 Jahre)

Total time: 2:40:55

Speed: 9.69 km/h  
Running performance: 6:08 min/km

Rank in course/Total: 225 (of 456)

Rank in course/Men: 208 (of 399)

Best time in course: 1:39:03

Rank in category: 23(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	17:56	5:26	15	5:21	131	5:25	3.30	17:56	5:26	11		81	5:21
Schlüsie	3.10	19:34	6:18	15	6:09	144	6:12	6.40	37:30	5:51	11		207	11:30
Hermannsklippe	2.60	18:08	6:58	19	6:28	175	6:35	9.00	55:38	6:10	11		207	17:58
Brocken	3.10	33:52	10:55	27	15:28	273	15:51	12.10	1:29:30	7:23	11	2:11	207	33:26
Eiserner Handwe	3.60	19:07	5:18	20	7:01	204	7:04	15.70	1:48:37	6:55	11	2:04	207	40:27
Schlüsie	4.10	19:19	4:42	24	8:21	237	8:21	19.80	2:07:56	6:27	11	3:01	207	48:48
Loddenke	3.10	16:04	5:10	24	6:40	235	6:40	22.90	2:24:00	6:17	11	4:40	207	55:28
Ilseburg/Markt	3.30	16:55	5:07	20	6:24	194	6:24	26.20	2:40:55	6:08	23	1:01:52	208	1:01:52