



43. Brockenlauf
Ilseburg / 07.09.2013

Detailed evaluation

Noack, Volker

Club: Ilseburg
Number: 471

Course: 26.20 km
26,2 km - Lauf

Category:
Senioren M35 (35-39 Jahre)

Total time: 2:42:21

Speed: 9.61 km/h
Running performance: 6:12 min/km

Rank in course/Total: 232 (of 456)

Rank in course/Men: 212 (of 399)

Best time in course: 1:39:03

Rank in category: 23(of 39)

Best time in the category: 1:50:24

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	19:08	5:47	21	5:16	177	6:37	3.30	19:08	5:47	4		212	6:33
Schlüsie	3.10	20:14	6:31	21	5:11	185	6:52	6.40	39:22	6:09	4		212	13:22
Hermannsklippe	2.60	17:58	6:54	19	4:56	167	6:25	9.00	57:20	6:22	4		212	19:40
Brocken	3.10	29:58	9:39	20	9:26	162	11:57	12.10	1:27:18	7:12	4		212	31:14
Eiserner Handwe	3.60	20:30	5:41	28	7:34	257	8:27	15.70	1:47:48	6:51	4		212	39:38
Schlüsie	4.10	20:34	5:00	31	8:15	284	9:36	19.80	2:08:22	6:28	4		212	49:14
Loddenke	3.10	16:26	5:18	28	5:54	262	7:02	22.90	2:24:48	6:19	4		212	56:16
Ilseburg/Markt	3.30	17:33	5:19	22	5:25	223	7:02	26.20	2:42:21	6:11	23	51:57	212	1:03:18