



43. Brockenlauf
Ilseburg / 07.09.2013

Detailed evaluation

Dose, Michael

Club: Lübecker SC
Number: 483

Course: 26.20 km
26,2 km - Lauf

Category:
Senioren M55 (55-59 Jahre)

Total time: 2:42:27

Speed: 9.60 km/h
Running performance: 6:12 min/km

Rank in course/Total: 233 (of 456)

Rank in course/Men: 213 (of 399)

Best time in course: 1:39:03

Rank in category: 8(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	19:27	5:53	8	3:30	195	6:56	3.30	19:27	5:53	12		59	6:52
Schlüsie	3.10	20:56	6:45	10	4:04	218	7:34	6.40	40:23	6:18	24		213	14:23
Hermannsklippe	2.60	19:12	7:23	9	4:00	218	7:39	9.00	59:35	6:37	24		213	21:55
Brocken	3.10	31:21	10:06	8	5:11	207	13:20	12.10	1:30:56	7:30	24		213	34:52
Eiserner Handwe	3.60	21:22	5:56	18	5:48	280	9:19	15.70	1:52:18	7:09	24		213	44:08
Schlüsie	4.10	18:51	4:35	12	3:48	211	7:53	19.80	2:11:09	6:37	21		213	52:01
Loddenke	3.10	15:56	5:08	13	3:13	230	6:32	22.90	2:27:05	6:25	24		213	58:33
Ilseburg/Markt	3.30	15:22	4:39	4	1:38	112	4:51	26.20	2:42:27	6:12	8	31:12	213	1:03:24