



43. Brockenlauf
Ilseburg / 07.09.2013

Detailed evaluation

Siefke, Christian

Club: SSV Erfurt 02
Number: 316

Course: 26.20 km
26,2 km - Lauf

Category:
Senioren M45 (45-49 Jahre)

Total time: 2:42:55

Speed: 9.58 km/h
Running performance: 6:13 min/km

Rank in course/Total: 237 (of 456)

Rank in course/Men: 217 (of 399)

Best time in course: 1:39:03

Rank in category: 51(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.	Stage score		Total			Pos Cat.	Behind Cat.	Total ranking	
						Pos Men	Behind Men	Total km	Total Time	Total min/km			Pos Men	Behind Men
Loddenke	3.30	17:45	5:22	31	3:33	119	5:14	3.30	17:45	5:22	25		87	5:10
Schlüsie	3.10	20:20	6:33	43	4:16	193	6:58	6.40	38:05	5:57	25		216	12:05
Hermannsklippe	2.60	18:47	7:13	45	4:32	206	7:14	9.00	56:52	6:19	25		216	19:12
Brocken	3.10	31:50	10:16	52	9:12	223	13:49	12.10	1:28:42	7:19	25		216	32:38
Eiserner Handwe	3.60	19:56	5:32	59	5:33	238	7:53	15.70	1:48:38	6:55	25		216	40:28
Schlüsie	4.10	19:11	4:40	54	5:11	228	8:13	19.80	2:07:49	6:27	25		216	48:41
Loddenke	3.10	16:22	5:16	65	5:13	259	6:58	22.90	2:24:11	6:17	25		216	55:39
Ilseburg/Markt	3.30	18:44	5:40	70	6:37	276	8:13	26.20	2:42:55	6:13	51	42:29	217	1:03:52