



43. Brockenlauf
Ilseburg / 07.09.2013

Detailed evaluation

Jahn, Roland

Club: NIX tun kann JEDER
Number: 278

Course: 26.20 km
26,2 km - Lauf

Category:
Senioren M50 (50-54 Jahre)

Total time: 2:42:43

Speed: 9.59 km/h
Running performance: 6:13 min/km

Rank in course/Total: 235 (of 456)

Rank in course/Men: 215 (of 399)

Best time in course: 1:39:03

Rank in category: 32(of 63)

Best time in the category: 2:02:34

Intermediate times

Stage score

Total ranking

Control	Intermediate times					Stage score				Total ranking					
	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	19:43	5:58	37	4:55	221	7:12	3.30	19:43	5:58	17		152	7:08	
Schlüsie	3.10	20:26	6:35	33	4:05	196	7:04	6.40	40:09	6:16	17		217	14:09	
Hermannsklippe	2.60	18:37	7:09	32	4:20	202	7:04	9.00	58:46	6:31	17		217	21:06	
Brocken	3.10	32:18	10:25	38	9:23	240	14:17	12.10	1:31:04	7:31	17		217	35:00	
Eiserner Handwe	3.60	19:04	5:17	32	4:21	199	7:01	15.70	1:50:08	7:00	17		217	41:58	
Schlüsie	4.10	18:54	4:36	32	5:10	214	7:56	19.80	2:09:02	6:31	17		217	49:54	
Loddenke	3.10	15:41	5:03	34	3:56	225	6:17	22.90	2:24:43	6:19	17		217	56:11	
Ilseburg/Markt	3.30	18:00	5:27	38	4:52	244	7:29	26.20	2:42:43	6:12	32	40:09	215	1:03:40	