



43. Brockenlauf
Ilseburg / 07.09.2013

Detailed evaluation

Kanzog, Holger

Club: Lübeck
Number: 37

Course: 26.20 km
26,2 km - Lauf

Category:
Senioren M45 (45-49 Jahre)

Total time: 2:43:32

Speed: 9.54 km/h
Running performance: 6:14 min/km

Rank in course/Total: 239 (of 456)

Rank in course/Men: 218 (of 399)

Best time in course: 1:39:03

Rank in category: 52(of 99)

Best time in the category: 2:00:26

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	19:14	5:49	43	5:02	181	6:43	3.30	19:14	5:49	24		202	6:39	
Schlüsie	3.10	20:38	6:39	46	4:34	202	7:16	6.40	39:52	6:13	24		218	13:52	
Hermannsklippe	2.60	20:56	8:03	70	6:41	290	9:23	9.00	1:00:48	6:45	24		218	23:08	
Brocken	3.10	36:15	11:41	78	13:37	316	18:14	12.10	1:37:03	8:01	24		218	40:59	
Eiserner Handwe	3.60	18:41	5:11	46	4:18	183	6:38	15.70	1:55:44	7:22	24		218	47:34	
Schlüsie	4.10	17:59	4:23	41	3:59	174	7:01	19.80	2:13:43	6:45	24		218	54:35	
Loddenke	3.10	14:39	4:43	42	3:30	166	5:15	22.90	2:28:22	6:28	24		218	59:50	
Ilseburg/Markt	3.30	15:10	4:35	24	3:03	105	4:39	26.20	2:43:32	6:14	52	43:06	218	1:04:29	