



43. Brockenlauf
Ilseburg / 07.09.2013

Detailed evaluation

Gilbricht, Holger

Club: Radegast
Number: 452

Course: 26.20 km
26,2 km - Lauf

Category:
Senioren M45 (45-49 Jahre)

Total time: 2:43:56

Speed: 9.52 km/h
Running performance: 6:16 min/km

Rank in course/Total: 243 (of 456)

Rank in course/Men: 222 (of 399)

Best time in course: 1:39:03

Rank in category: 53(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.	Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men
Loddenke	3.30	19:10	5:48	42	4:58	178	6:39	3.30	19:10	5:48	23		185	6:35
Schlüsie	3.10	20:19	6:33	42	4:15	191	6:57	6.40	39:29	6:10	23		222	13:29
Hermannsklippe	2.60	18:54	7:16	48	4:39	209	7:21	9.00	58:23	6:29	23		222	20:43
Brocken	3.10	33:23	10:46	62	10:45	258	15:22	12.10	1:31:46	7:35	23		222	35:42
Eiserner Handwe	3.60	18:55	5:15	50	4:32	194	6:52	15.70	1:50:41	7:02	23		222	42:31
Schlüsie	4.10	18:46	4:34	49	4:46	206	7:48	19.80	2:09:27	6:32	23		222	50:19
Loddenke	3.10	16:06	5:11	57	4:57	239	6:42	22.90	2:25:33	6:21	23		222	57:01
Ilseburg/Markt	3.30	18:23	5:34	67	6:16	266	7:52	26.20	2:43:56	6:15	53	43:30	222	1:04:53