



43. Brockenlauf
Ilseburg / 07.09.2013

Detailed evaluation

Forstenbacher, Bernd

Club: Triathlonfreunde Wittenberg
Number: 157

Course: 26.20 km
26,2 km - Lauf

Category:
Senioren M40 (40-44 Jahre)

Total time: 2:44:05

Speed: 9.58 km/h
Running performance: 6:16 min/km

Rank in course/Total: 245 (of 456)

Rank in course/Men: 223 (of 399)

Best time in course: 1:39:03

Rank in category: 42(of 55)

Best time in the category: 1:50:22

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	18:15	5:31	28	4:52	149	5:44	3.30	18:15	5:31	1	-	151	5:40
Schlüsie	3.10	20:37	6:39	39	6:10	200	7:15	6.40	38:52	6:04	1	-	223	12:52
Hermannsklippe	2.60	18:43	7:11	40	5:43	204	7:10	9.00	57:35	6:23	1	-	223	19:55
Brocken	3.10	36:21	11:43	50	16:03	319	18:20	12.10	1:33:56	7:45	1	-	223	37:52
Eiserner Handwe	3.60	19:07	5:18	39	5:49	204	7:04	15.70	1:53:03	7:12	1	-	223	44:53
Schlüsie	4.10	18:39	4:32	40	6:17	197	7:41	19.80	2:11:42	6:39	1	-	223	52:34
Loddenke	3.10	14:59	4:49	33	4:27	182	5:35	22.90	2:26:41	6:24	1	-	223	58:09
Ilseburg/Markt	3.30	17:24	5:16	39	5:17	215	6:53	26.20	2:44:05	6:15	42	53:43	223	1:05:02