



43. Brockenlauf
Ilseburg / 07.09.2013

Detailed evaluation

Welnitz, Oliver

Club: Hell Runners
Number: 450

Course: 26.20 km
26,2 km - Lauf

Category:
Senioren M40 (40-44 Jahre)

Total time: 2:44:25

Speed: 9.49 km/h
Running performance: 6:17 min/km

Rank in course/Total: 248 (of 456)

Rank in course/Men: 225 (of 399)

Best time in course: 1:39:03

Rank in category: 43(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	19:24	5:52	38	6:01	192	6:53	3.30	19:24	5:52	16	1:09	225	6:49
Schlüsie	3.10	19:49	6:23	34	5:22	163	6:27	6.40	39:13	6:07	16	0:21	225	13:13
Hermannsklippe	2.60	18:24	7:04	39	5:24	193	6:51	9.00	57:37	6:24	16	0:02	225	19:57
Brocken	3.10	29:19	9:27	27	9:01	141	11:18	12.10	1:26:56	7:11	16		194	30:52
Eiserner Handwe	3.60	20:53	5:48	46	7:35	268	8:50	15.70	1:47:49	6:52	16		225	39:39
Schlüsie	4.10	20:03	4:53	48	7:41	268	9:05	19.80	2:07:52	6:27	16		225	48:44
Loddenke	3.10	17:09	5:31	45	6:37	287	7:45	22.90	2:25:01	6:19	16		225	56:29
Ilseburg/Markt	3.30	19:24	5:52	45	7:17	300	8:53	26.20	2:44:25	6:16	43	54:03	225	1:05:22