



43. Brockenlauf  
Ilseburg / 07.09.2013

Detailed evaluation

Mehde, Karl-Heinz

Club: TSV Wolfsburg  
Number: 344

Course: 26.20 km  
26,2 km - Lauf

Category:  
Senioren M55 (55-59 Jahre)

Total time: 2:44:39

Speed: 9.47 km/h  
Running performance: 6:17 min/km

Rank in course/Total: 249 (of 456)

Rank in course/Men: 226 (of 399)

Best time in course: 1:39:03

Rank in category: 10(of 30)

Best time in the category: 2:11:15

Intermediate times

Stage score

Total ranking

Control	Split		Pos	Behind	Pos		Total	Total	Total	Pos	Behind	Pos	Behind	
	km	Time			min/km	Cat.								Cat.
Loddenke	3.30	20:09	6:06	14	4:12	245	7:38	3.30	20:09	6:06	15		103	7:34
Schlüsie	3.10	21:26	6:54	11	4:34	240	8:04	6.40	41:35	6:29	22		206	15:35
Hermannsklippe	2.60	19:34	7:31	11	4:22	235	8:01	9.00	1:01:09	6:47	22		226	23:29
Brocken	3.10	31:39	10:12	9	5:29	216	13:38	12.10	1:32:48	7:40	22		226	36:44
Eiserner Handwe	3.60	19:36	5:26	8	4:02	225	7:33	15.70	1:52:24	7:09	22		226	44:14
Schlüsie	4.10	20:02	4:53	18	4:59	266	9:04	19.80	2:12:26	6:41	22		226	53:18
Loddenke	3.10	15:35	5:01	10	2:52	218	6:11	22.90	2:28:01	6:27	22		226	59:29
Ilseburg/Markt	3.30	16:38	5:02	8	2:54	179	6:07	26.20	2:44:39	6:17	10	33:24	226	1:05:36