



43. Brockenlauf
Ilseburg / 07.09.2013

Detailed evaluation

Gastmann, Andreas

Club: TUS Bothfeld
Number: 113

Course: 26.20 km
26,2 km - Lauf

Category:
Senioren M45 (45-49 Jahre)

Total time: 2:45:03

Speed: 9.45 km/h
Running performance: 6:18 min/km

Rank in course/Total: 253 (of 456)

Rank in course/Men: 229 (of 399)

Best time in course: 1:39:03

Rank in category: 54(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	19:42	5:58	51	5:30	219	7:11	3.30	19:42	5:58	22		187	7:07
Schlüsie	3.10	21:07	6:48	52	5:03	221	7:45	6.40	40:49	6:22	22		229	14:49
Hermannsklippe	2.60	19:21	7:26	55	5:06	227	7:48	9.00	1:00:10	6:41	22		229	22:30
Brocken	3.10	30:33	9:51	42	7:55	183	12:32	12.10	1:30:43	7:29	22		229	34:39
Eiserner Handwe	3.60	18:54	5:14	49	4:31	193	6:51	15.70	1:49:37	6:58	22		229	41:27
Schlüsie	4.10	19:57	4:51	63	5:57	262	8:59	19.80	2:09:34	6:32	22		229	50:26
Loddenke	3.10	16:50	5:25	69	5:41	276	7:26	22.90	2:26:24	6:23	22		229	57:52
Ilseburg/Markt	3.30	18:39	5:39	69	6:32	275	8:08	26.20	2:45:03	6:17	54	44:37	229	1:06:00