



43. Brockenlauf
Ilseburg / 07.09.2013

Detailed evaluation

Schramm, Dieter

Club: Wernigerode
Number: 234

Course: 26.20 km
26,2 km - Lauf

Category:
Senioren M55 (55-59 Jahre)

Total time: 2:45:24

Speed: 9.43 km/h
Running performance: 6:19 min/km

Rank in course/Total: 256 (of 456)

Rank in course/Men: 232 (of 399)

Best time in course: 1:39:03

Rank in category: 12(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	20:16	6:08	17	4:19	252	7:45	3.30	20:16	6:08	20		204	7:41
Schlüsie	3.10	21:40	6:59	13	4:48	257	8:18	6.40	41:56	6:33	20		232	15:56
Hermannsklippe	2.60	19:50	7:37	13	4:38	247	8:17	9.00	1:01:46	6:51	20		232	24:06
Brocken	3.10	33:11	10:42	14	7:01	255	15:10	12.10	1:34:57	7:50	20		232	38:53
Eiserner Handwe	3.60	19:51	5:30	12	4:17	236	7:48	15.70	1:54:48	7:18	20		232	46:38
Schlüsie	4.10	18:50	4:35	11	3:47	209	7:52	19.80	2:13:38	6:44	20		232	54:30
Loddenke	3.10	15:14	4:54	8	2:31	197	5:50	22.90	2:28:52	6:30	20		232	1:00:20
Ilseburg/Markt	3.30	16:32	5:00	7	2:48	173	6:01	26.20	2:45:24	6:18	12	34:09	232	1:06:21