



43. Brockenlauf

Ilseburg / 07.09.2013

Detailed evaluation

Sary, Dieter

Club: Harz-Gebirgslauf Wernigerode
Number: 338

Course: 26.20 km
26,2 km - Lauf

Category:
Senioren M50 (50-54 Jahre)

Total time: 2:46:35

Speed: 9.36 km/h
Running performance: 6:22 min/km

Rank in course/Total: 263 (of 456)

Rank in course/Men: 238 (of 399)

Best time in course: 1:39:03

Rank in category: 37(of 63)

Best time in the category: 2:02:34

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	21:05	6:23	48	6:17	298	8:34	3.30	21:05	6:23	6	0:25	238	8:30
Schlüsie	3.10	22:02	7:06	41	5:41	270	8:40	6.40	43:07	6:44	6		238	17:07
Hermannsklippe	2.60	19:50	7:37	36	5:33	247	8:17	9.00	1:02:57	6:59	6		238	25:17
Brocken	3.10	33:11	10:42	40	10:16	255	15:10	12.10	1:36:08	7:56	6		238	40:04
Eiserner Handwe	3.60	17:27	4:50	20	2:44	130	5:24	15.70	1:53:35	7:14	6		238	45:25
Schlüsie	4.10	18:34	4:31	28	4:50	193	7:36	19.80	2:12:09	6:40	6		238	53:01
Loddenke	3.10	16:32	5:20	42	4:47	270	7:08	22.90	2:28:41	6:29	6		238	1:00:09
Ilseburg/Markt	3.30	17:54	5:25	36	4:46	239	7:23	26.20	2:46:35	6:21	37	44:01	238	1:07:32