



43. Brockenlauf  
Ilseburg / 07.09.2013

Detailed evaluation

Herberg, Kay

Club: Hannover  
Number: 468

Course: 26.20 km  
26,2 km - Lauf

Category:  
Senioren M45 (45-49 Jahre)

Total time: 2:46:36

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

Rank in course/Total: 264 (of 456)

Rank in course/Men: 239 (of 399)

Best time in course: 1:39:03

Rank in category: 56(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.	Stage score		Total			Total ranking			
						Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men
Loddenke	3.30	20:23	6:10	62	6:11	260	7:52	3.30	20:23	6:10	20		233	7:48
Schlüsie	3.10	21:10	6:49	55	5:06	227	7:48	6.40	41:33	6:29	20		239	15:33
Hermannsklippe	2.60	18:25	7:05	42	4:10	195	6:52	9.00	59:58	6:39	20		239	22:18
Brocken	3.10	32:42	10:32	58	10:04	246	14:41	12.10	1:32:40	7:39	20		239	36:36
Eiserner Handwe	3.60	19:06	5:18	52	4:43	202	7:03	15.70	1:51:46	7:07	20		239	43:36
Schlüsie	4.10	19:29	4:45	57	5:29	244	8:31	19.80	2:11:15	6:37	20		239	52:07
Loddenke	3.10	16:21	5:16	64	5:12	258	6:57	22.90	2:27:36	6:26	20		239	59:04
Ilseburg/Markt	3.30	19:00	5:45	74	6:53	283	8:29	26.20	2:46:36	6:21	56	46:10	239	1:07:33