



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. | 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 |