



43. Brockenlauf
Ilseburg / 07.09.2013

Detailed evaluation

Meier, René

Club: NIX tun kann JEDER
Number: 281

Course: 26.20 km
26,2 km - Lauf

Category:
Senioren M45 (45-49 Jahre)

Total time: 2:46:47

Speed: 9.35 km/h
Running performance: 6:22 min/km

Rank in course/Total: 265 (of 456)

Rank in course/Men: 240 (of 399)

Best time in course: 1:39:03

Rank in category: 57(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	20:43	6:16	69	6:31	286	8:12	3.30	20:43	6:16	19		240	8:08
Schlüsie	3.10	21:55	7:04	66	5:51	265	8:33	6.40	42:38	6:39	19		234	16:38
Hermannsklippe	2.60	20:30	7:53	64	6:15	272	8:57	9.00	1:03:08	7:00	19		240	25:28
Brocken	3.10	31:51	10:16	53	9:13	225	13:50	12.10	1:34:59	7:50	19		240	38:55
Eiserner Handwe	3.60	19:42	5:28	57	5:19	230	7:39	15.70	1:54:41	7:18	19		240	46:31
Schlüsie	4.10	20:47	5:04	70	6:47	291	9:49	19.80	2:15:28	6:50	19		240	56:20
Loddenke	3.10	15:03	4:51	49	3:54	187	5:39	22.90	2:30:31	6:34	19		240	1:01:59
Ilseburg/Markt	3.30	16:16	4:55	38	4:09	160	5:45	26.20	2:46:47	6:21	57	46:21	240	1:07:44