



43. Brockenlauf  
Ilseburg / 07.09.2013

Detailed evaluation

Gille, Wiegbert

Club: VFL Hüpstedt  
Number: 484

Course: 26.20 km  
26,2 km - Lauf

Category:  
Senioren M55 (55-59 Jahre)

Total time: 2:47:35

Speed: 9.31 km/h  
Running performance: 6:24 min/km

Rank in course/Total: 271 (of 456)

Rank in course/Men: 245 (of 399)

Best time in course: 1:39:03

Rank in category: 14(of 30)

Best time in the category: 2:11:15

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	19:28	5:53	10	3:31	201	6:57	3.30	19:28	5:53	18		140	6:53
Schlüsie	3.10	20:39	6:39	8	3:47	204	7:17	6.40	40:07	6:16	18		245	14:07
Hermannsklippe	2.60	19:11	7:22	8	3:59	216	7:38	9.00	59:18	6:35	18		245	21:38
Brocken	3.10	32:12	10:23	12	6:02	236	14:11	12.10	1:31:30	7:33	18		245	35:26
Eiserner Handwe	3.60	21:09	5:52	17	5:35	273	9:06	15.70	1:52:39	7:10	18		245	44:29
Schlüsie	4.10	19:59	4:52	17	4:56	264	9:01	19.80	2:12:38	6:41	18		245	53:30
Loddenke	3.10	16:36	5:21	17	3:53	272	7:12	22.90	2:29:14	6:31	18		245	1:00:42
Ilseburg/Markt	3.30	18:21	5:33	16	4:37	265	7:50	26.20	2:47:35	6:23	14	36:20	245	1:08:32