



43. Brockenlauf
Ilseburg / 07.09.2013

Detailed evaluation

Heckhoff, Andreas

Club: VfL Germania Leer/Judo
Number: 21

Course: 26.20 km
26,2 km - Lauf

Category:
Senioren M45 (45-49 Jahre)

Total time: 2:47:38

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

Rank in course/Total: 273 (of 456)

Rank in course/Men: 246 (of 399)

Best time in course: 1:39:03

Rank in category: 58(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	18:29	5:36	36	4:17	159	5:58	3.30	18:29	5:36	18		246	5:54
Schlüsie	3.10	21:28	6:55	60	5:24	241	8:06	6.40	39:57	6:14	18		246	13:57
Hermannsklippe	2.60	18:56	7:16	49	4:41	211	7:23	9.00	58:53	6:32	18		192	21:13
Brocken	3.10	34:34	11:09	69	11:56	291	16:33	12.10	1:33:27	7:43	18		246	37:23
Eiserner Handwe	3.60	21:30	5:58	72	7:07	288	9:27	15.70	1:54:57	7:19	18		246	46:47
Schlüsie	4.10	18:50	4:35	51	4:50	209	7:52	19.80	2:13:47	6:45	16		246	54:39
Loddenke	3.10	15:46	5:05	55	4:37	228	6:22	22.90	2:29:33	6:31	18		246	1:01:01
Ilseburg/Markt	3.30	18:05	5:28	63	5:58	250	7:34	26.20	2:47:38	6:23	58	47:12	246	1:08:35