



43. Brockenlauf
Ilseburg / 07.09.2013

Detailed evaluation

Selzner, Mike

Club: Wolfsburg
Number: 396

Course: 26.20 km
26,2 km - Lauf

Category:
Senioren M45 (45-49 Jahre)

Total time: 2:47:42

Speed: 9.30 km/h
Running performance: 6:24 min/km

Rank in course/Total: 274 (of 456)

Rank in course/Men: 247 (of 399)

Best time in course: 1:39:03

Rank in category: 59(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	22:41	6:52	87	8:29	353	10:10	3.30	22:41	6:52	17	0:33	247	10:06
Schlüsie	3.10	21:19	6:52	56	5:15	232	7:57	6.40	44:00	6:52	17		247	18:00
Hermannsklippe	2.60	19:18	7:25	53	5:03	224	7:45	9.00	1:03:18	7:01	17		247	25:38
Brocken	3.10	33:12	10:42	61	10:34	257	15:11	12.10	1:36:30	7:58	17		247	40:26
Eiserner Handwe	3.60	19:01	5:16	51	4:38	198	6:58	15.70	1:55:31	7:21	17		247	47:21
Schlüsie	4.10	20:08	4:54	65	6:08	269	9:10	19.80	2:15:39	6:51	17		247	56:31
Loddenke	3.10	15:34	5:01	54	4:25	217	6:10	22.90	2:31:13	6:36	17		247	1:02:41
Ilseburg/Markt	3.30	16:29	4:59	41	4:22	170	5:58	26.20	2:47:42	6:24	59	47:16	247	1:08:39