



43. Brockenlauf  
Ilseburg / 07.09.2013

Detailed evaluation

Franke, Uwe

Club: Sport Treud Braunschweig  
Number: 481

Course: 26.20 km  
26,2 km - Lauf

Category:  
Senioren M50 (50-54 Jahre)

Total time: 2:47:45

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

Rank in course/Total: 275 (of 456)

Rank in course/Men: 248 (of 399)

Best time in course: 1:39:03

Rank in category: 39(of 63)

Best time in the category: 2:02:34

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	20:05	6:05	40	5:17	243	7:34	3.30	20:05	6:05	8		248	7:30
Schlüsie	3.10	21:29	6:55	36	5:08	243	8:07	6.40	41:34	6:29	8		248	15:34
Hermannsklippe	2.60	19:50	7:37	36	5:33	247	8:17	9.00	1:01:24	6:49	8		248	23:44
Brocken	3.10	31:43	10:13	33	8:48	217	13:42	12.10	1:33:07	7:41	8		248	37:03
Eiserner Handwe	3.60	20:24	5:39	39	5:41	254	8:21	15.70	1:53:31	7:13	8		248	45:21
Schlüsie	4.10	19:47	4:49	37	6:03	256	8:49	19.80	2:13:18	6:43	8		248	54:10
Loddenke	3.10	16:19	5:15	38	4:34	256	6:55	22.90	2:29:37	6:32	8		248	1:01:05
Ilseburg/Markt	3.30	18:08	5:29	40	5:00	253	7:37	26.20	2:47:45	6:24	39	45:11	248	1:08:42