



43. Brockenlauf
Ilseburg / 07.09.2013

Detailed evaluation

Kempf, Ulrich

Club: Wolfenbüttel
Number: 169

Course: 26.20 km
26,2 km - Lauf

Category:
Senioren M40 (40-44 Jahre)

Total time: 2:48:11

Speed: 9.28 km/h
Running performance: 6:25 min/km

Rank in course/Total: 276 (of 456)

Rank in course/Men: 249 (of 399)

Best time in course: 1:39:03

Rank in category: 45(of 55)

Best time in the category: 1:50:22

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Stage score		Total ranking						
						Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men
Loddenke	3.30	19:20	5:51	36	5:57	189	6:49	3.30	19:20	5:51	17	1:05	199	6:45
Schlüsie	3.10	20:00	6:27	37	5:33	175	6:38	6.40	39:20	6:08	18	0:28	249	13:20
Hermannsklippe	2.60	17:51	6:51	32	4:51	157	6:18	9.00	57:11	6:21	18		249	19:31
Brocken	3.10	30:12	9:44	32	9:54	170	12:11	12.10	1:27:23	7:13	18		249	31:19
Eiserner Handwe	3.60	21:56	6:05	50	8:38	299	9:53	15.70	1:49:19	6:57	18		249	41:09
Schlüsie	4.10	21:57	5:21	51	9:35	310	10:59	19.80	2:11:16	6:37	18		249	52:08
Loddenke	3.10	17:50	5:45	47	7:18	310	8:26	22.90	2:29:06	6:30	18	2:25	249	1:00:34
Ilseburg/Markt	3.30	19:05	5:46	44	6:58	289	8:34	26.20	2:48:11	6:25	45	57:49	249	1:09:08