



43. Brockenlauf
Ilseburg / 07.09.2013

Detailed evaluation

Kroll, Ralf

Club: Königreich Deutschland
Number: 1002

Course: 26.20 km
26,2 km - Lauf

Category:
Senioren M50 (50-54 Jahre)

Total time: 2:48:34

Speed: 9.33 km/h
Running performance: 6:26 min/km

Rank in course/Total: 279 (of 456)

Rank in course/Men: 252 (of 399)

Best time in course: 1:39:03

Rank in category: 40(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	18:36	5:38	27	3:48	168	6:05	3.30	18:36	5:38	9		252	6:01
Schlüsie	3.10	21:53	7:03	39	5:32	263	8:31	6.40	40:29	6:19	9		252	14:29
Hermannsklippe	2.60	19:53	7:38	38	5:36	250	8:20	9.00	1:00:22	6:42	9		252	22:42
Brocken	3.10	31:35	10:11	32	8:40	215	13:34	12.10	1:31:57	7:35	9		252	35:53
Eiserner Handwe	3.60	20:12	5:36	36	5:29	246	8:09	15.70	1:52:09	7:08	9		252	43:59
Schlüsie	4.10	20:35	5:01	42	6:51	285	9:37	19.80	2:12:44	6:42	9		252	53:36
Loddenke	3.10	17:23	5:36	46	5:38	293	7:59	22.90	2:30:07	6:33	9		252	1:01:35
Ilseburg/Markt	3.30	18:27	5:35	44	5:19	268	7:56	26.20	2:48:34	6:26	40	46:00	252	1:09:31