



43. Brockenlauf
Ilseburg / 07.09.2013

Detailed evaluation

Albrecht, Frank

Club: Menden
Number: 299

Course: 26.20 km
26,2 km - Lauf

Category:
Senioren M50 (50-54 Jahre)

Total time: 2:48:37

Speed: 9.25 km/h
Running performance: 6:26 min/km

Rank in course/Total: 280 (of 456)

Rank in course/Men: 253 (of 399)

Best time in course: 1:39:03

Rank in category: 41(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	19:41	5:57	36	4:53	218	7:10	3.30	19:41	5:57	10		253	7:06
Schlüsie	3.10	20:15	6:31	32	3:54	187	6:53	6.40	39:56	6:14	10		203	13:56
Hermannsklippe	2.60	17:45	6:49	26	3:28	151	6:12	9.00	57:41	6:24	10		89	20:01
Brocken	3.10	32:00	10:19	35	9:05	231	13:59	12.10	1:29:41	7:24	10		253	33:37
Eiserner Handwe	3.60	20:25	5:40	40	5:42	255	8:22	15.70	1:50:06	7:00	10		253	41:56
Schlüsie	4.10	22:14	5:25	50	8:30	321	11:16	19.80	2:12:20	6:41	10		253	53:12
Loddenke	3.10	16:55	5:27	44	5:10	280	7:31	22.90	2:29:15	6:31	10		253	1:00:43
Ilseburg/Markt	3.30	19:22	5:52	48	6:14	295	8:51	26.20	2:48:37	6:26	41	46:03	253	1:09:34