



43. Brockenlauf
Ilseburg / 07.09.2013

Detailed evaluation

Korte, Norbert

Club: LC Wuppertal
Number: 173

Course: 26.20 km
26,2 km - Lauf

Category:
Senioren M60 (60-64 Jahre)

Total time: 2:48:56

Speed: 9.23 km/h
Running performance: 6:27 min/km

Rank in course/Total: 281 (of 456)

Rank in course/Men: 254 (of 399)

Best time in course: 1:39:03

Rank in category: 5(of 20)

Best time in the category: 2:22:49

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	20:34	6:13	4	3:48	274	8:03	3.30	20:34	6:13	17		254	7:59
Schlüsie	3.10	22:53	7:22	9	3:55	303	9:31	6.40	43:27	6:47	17		254	17:27
Hermannsklippe	2.60	20:19	7:48	7	3:10	267	8:46	9.00	1:03:46	7:05	17		254	26:06
Brocken	3.10	30:42	9:54	4	2:44	189	12:41	12.10	1:34:28	7:48	17		254	38:24
Eiserner Handwe	3.60	19:35	5:26	4	3:02	224	7:32	15.70	1:54:03	7:15	17		254	45:53
Schlüsie	4.10	18:47	4:34	3	2:34	207	7:49	19.80	2:12:50	6:42	17		254	53:42
Loddenke	3.10	16:13	5:13	5	2:28	246	6:49	22.90	2:29:03	6:30	17		242	1:00:31
Ilseburg/Markt	3.30	19:53	6:01	15	4:26	308	9:22	26.20	2:48:56	6:26	5	26:07	254	1:09:53