



43. Brockenlauf
Ilseburg / 07.09.2013

Detailed evaluation

Rudolph, Maik

Club: LSG-80 Schmückeläufer
Number: 386

Course: 26.20 km
26,2 km - Lauf

Category:
Senioren M35 (35-39 Jahre)

Total time: 2:49:25

Speed: 9.21 km/h
Running performance: 6:28 min/km

Rank in course/Total: 283 (of 456)

Rank in course/Men: 256 (of 399)

Best time in course: 1:39:03

Rank in category: 28(of 39)

Best time in the category: 1:50:24

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	22:22	6:46	32	8:30	346	9:51	3.30	22:22	6:46	9		256	9:47
Schlüsie	3.10	22:10	7:09	29	7:07	276	8:48	6.40	44:32	6:57	9		256	18:32
Hermannsklippe	2.60	18:21	7:03	21	5:19	187	6:48	9.00	1:02:53	6:59	9		256	25:13
Brocken	3.10	29:56	9:39	19	9:24	160	11:55	12.10	1:32:49	7:40	9		191	36:45
Eiserner Handwe	3.60	22:40	6:17	34	9:44	316	10:37	15.70	1:55:29	7:21	9		256	47:19
Schlüsie	4.10	22:01	5:22	33	9:42	312	11:03	19.80	2:17:30	6:56	9		256	58:22
Loddenke	3.10	15:41	5:03	24	5:09	225	6:17	22.90	2:33:11	6:41	9		256	1:04:39
Ilseburg/Markt	3.30	16:14	4:55	18	4:06	157	5:43	26.20	2:49:25	6:27	28	59:01	256	1:10:22