



43. Brockenlauf  
Ilseburg / 07.09.2013

Detailed evaluation

Zennecke, Bernd

Club: Nordhausen  
Number: 256

Course: 26.20 km  
26,2 km - Lauf

Category:  
Senioren M60 (60-64 Jahre)

Total time: 2:50:15

Speed: 9.16 km/h  
Running performance: 6:30 min/km

Rank in course/Total: 286 (of 456)

Rank in course/Men: 259 (of 399)

Best time in course: 1:39:03

Rank in category: 6(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	21:17	6:26	9	4:31	304	8:46	3.30	21:17	6:26	16	0:15	259	8:42
Schlüsie	3.10	21:37	6:58	4	2:39	254	8:15	6.40	42:54	6:42	16		196	16:54
Hermannsklippe	2.60	19:17	7:25	2	2:08	222	7:44	9.00	1:02:11	6:54	16		259	24:31
Brocken	3.10	31:47	10:15	5	3:49	220	13:46	12.10	1:33:58	7:45	16		259	37:54
Eiserner Handwe	3.60	21:19	5:55	8	4:46	278	9:16	15.70	1:55:17	7:20	16		259	47:07
Schlüsie	4.10	19:09	4:40	5	2:56	227	8:11	19.80	2:14:26	6:47	16		259	55:18
Loddenke	3.10	16:07	5:11	4	2:22	241	6:43	22.90	2:30:33	6:34	16		259	1:02:01
Ilseburg/Markt	3.30	19:42	5:58	14	4:15	305	9:11	26.20	2:50:15	6:29	6	27:26	259	1:11:12