



43. Brockenlauf
Ilseburg / 07.09.2013

Detailed evaluation

Steins, Tilman

Club: Burbach
Number: 41

Course: 26.20 km
26,2 km - Lauf

Category:
Senioren M45 (45-49 Jahre)

Total time: 2:50:27

Speed: 9.15 km/h
Running performance: 6:31 min/km

Rank in course/Total: 287 (of 456)

Rank in course/Men: 260 (of 399)

Best time in course: 1:39:03

Rank in category: 61(of 99)

Best time in the category: 2:00:26

Intermediate times

Stage score

Total ranking

Control	Split		Pos	Behind	Pos		Total	Total	Total	Pos	Behind	Pos	Behind	
	km	Time			min/km	Cat.								Cat.
Loddenke	3.30	19:28	5:53	45	5:16	201	6:57	3.30	19:28	5:53	14		140	6:53
Schlüsie	3.10	20:51	6:43	50	4:47	214	7:29	6.40	40:19	6:17	15		260	14:19
Hermannsklippe	2.60	19:06	7:20	50	4:51	214	7:33	9.00	59:25	6:36	15		260	21:45
Brocken	3.10	31:17	10:05	46	8:39	202	13:16	12.10	1:30:42	7:29	15		260	34:38
Eiserner Handwe	3.60	26:20	7:18	90	11:57	368	14:17	15.70	1:57:02	7:27	15		260	48:52
Schlüsie	4.10	20:01	4:52	64	6:01	265	9:03	19.80	2:17:03	6:55	15		260	57:55
Loddenke	3.10	16:02	5:10	56	4:53	232	6:38	22.90	2:33:05	6:41	15		260	1:04:33
Ilseburg/Markt	3.30	17:22	5:15	54	5:15	212	6:51	26.20	2:50:27	6:30	61	50:01	260	1:11:24