



43. Brockenlauf
Ilseburg / 07.09.2013

Detailed evaluation

Lippmann, Stefan

Club: Wernigerode
Number: 297

Course: 26.20 km
26,2 km - Lauf

Category:
Senioren M40 (40-44 Jahre)

Total time: 2:50:42

Speed: 9.21 km/h
Running performance: 6:31 min/km

Rank in course/Total: 290 (of 456)

Rank in course/Men: 263 (of 399)

Best time in course: 1:39:03

Rank in category: 46(of 55)

Best time in the category: 1:50:22

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	21:27	6:30	52	8:04	310	8:56	3.30	21:27	6:30	19	3:12	263	8:52
Schlüsie	3.10	21:36	6:58	48	7:09	253	8:14	6.40	43:03	6:43	19	4:11	243	17:03
Hermannsklippe	2.60	19:28	7:29	47	6:28	232	7:55	9.00	1:02:31	6:56	19	4:56	263	24:51
Brocken	3.10	31:26	10:08	41	11:08	211	13:25	12.10	1:33:57	7:45	19	0:01	263	37:53
Eiserner Handwe	3.60	20:11	5:36	44	6:53	244	8:08	15.70	1:54:08	7:16	19	1:05	263	45:58
Schlüsie	4.10	19:14	4:41	43	6:52	232	8:16	19.80	2:13:22	6:44	19	1:40	263	54:14
Loddenke	3.10	16:13	5:13	42	5:41	246	6:49	22.90	2:29:35	6:31	19	2:54	263	1:01:03
Ilseburg/Markt	3.30	21:07	6:23	49	9:00	340	10:36	26.20	2:50:42	6:30	46	1:00:20	263	1:11:39