



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: 9.14 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    |