



43. Brockenlauf
Ilseburg / 07.09.2013

Detailed evaluation

Kleinschmidt, Lars

Club: Westcoastrunner J.F.F.
Number: 194

Course: 26.20 km
26,2 km - Lauf

Category:
Senioren M45 (45-49 Jahre)

Total time: 2:51:17

Speed: 9.11 km/h
Running performance: 6:32 min/km

Rank in course/Total: 292 (of 456)

Rank in course/Men: 264 (of 399)

Best time in course: 1:39:03

Rank in category: 62(of 99)

Best time in the category: 2:00:26

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	22:08	6:42	84	7:56	334	9:37	3.30	22:08	6:42	1	-	264	9:33
Schlüsie	3.10	23:44	7:39	82	7:40	326	10:22	6.40	45:52	7:09	1	-	264	19:52
Hermannsklippe	2.60	20:44	7:58	66	6:29	280	9:11	9.00	1:06:36	7:23	1	-	264	28:56
Brocken	3.10	31:23	10:07	48	8:45	209	13:22	12.10	1:37:59	8:05	1	-	264	41:55
Eiserner Handwe	3.60	22:17	6:11	75	7:54	308	10:14	15.70	2:00:16	7:39	1	-	264	52:06
Schlüsie	4.10	19:38	4:47	59	5:38	249	8:40	19.80	2:19:54	7:03	1	-	264	1:00:46
Loddenke	3.10	14:45	4:45	44	3:36	171	5:21	22.90	2:34:39	6:45	1	-	264	1:06:07
Ilseburg/Markt	3.30	16:38	5:02	44	4:31	179	6:07	26.20	2:51:17	6:32	62	50:51	264	1:12:14