



43. Brockenlauf
Ilseburg / 07.09.2013

Detailed evaluation

Fischer, Christian

Club: Bad Suedrode OT QLB
Number: 392

Course: 26.20 km
26,2 km - Lauf

Category:
Senioren M45 (45-49 Jahre)

Total time: 2:51:34

Speed: 9.09 km/h
Running performance: 6:33 min/km

Rank in course/Total: 295 (of 456)

Rank in course/Men: 266 (of 399)

Best time in course: 1:39:03

Rank in category: 63(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	20:40	6:15	68	6:28	281	8:09	3.30	20:40	6:15	13		266	8:05
Schlüsie	3.10	22:13	7:09	68	6:09	279	8:51	6.40	42:53	6:42	13		265	16:53
Hermannsklippe	2.60	20:17	7:48	62	6:02	265	8:44	9.00	1:03:10	7:01	13		266	25:30
Brocken	3.10	33:56	10:56	67	11:18	277	15:55	12.10	1:37:06	8:01	13		266	41:02
Eiserner Handwe	3.60	19:46	5:29	58	5:23	232	7:43	15.70	1:56:52	7:26	13		266	48:42
Schlüsie	4.10	19:26	4:44	56	5:26	242	8:28	19.80	2:16:18	6:53	13		266	57:10
Loddenke	3.10	16:28	5:18	66	5:19	264	7:04	22.90	2:32:46	6:40	13		262	1:04:14
Ilseburg/Markt	3.30	18:48	5:41	71	6:41	277	8:17	26.20	2:51:34	6:32	63	51:08	266	1:12:31