



43. Brockenlauf
Ilseburg / 07.09.2013

Detailed evaluation

Bardehle, Lutz

Club: VfB Salzkotten
Number: 193

Course: 26.20 km
26,2 km - Lauf

Category:
Senioren M45 (45-49 Jahre)

Total time: 2:52:19

Speed: 9.05 km/h
Running performance: 6:35 min/km

Rank in course/Total: 299 (of 456)

Rank in course/Men: 268 (of 399)

Best time in course: 1:39:03

Rank in category: 64(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	19:44	5:58	54	5:32	224	7:13	3.30	19:44	5:58	12		181	7:09
Schlüsie	3.10	20:38	6:39	46	4:34	202	7:16	6.40	40:22	6:18	12		268	14:22
Hermannsklippe	2.60	19:39	7:33	58	5:24	241	8:06	9.00	1:00:01	6:40	12		268	22:21
Brocken	3.10	37:29	12:05	83	14:51	341	19:28	12.10	1:37:30	8:03	12		268	41:26
Eiserner Handwe	3.60	21:08	5:52	68	6:45	272	9:05	15.70	1:58:38	7:33	12		268	50:28
Schlüsie	4.10	20:10	4:55	67	6:10	272	9:12	19.80	2:18:48	7:00	12		268	59:40
Loddenke	3.10	16:19	5:15	63	5:10	256	6:55	22.90	2:35:07	6:46	12	0:28	268	1:06:35
Ilseburg/Markt	3.30	17:12	5:12	51	5:05	204	6:41	26.20	2:52:19	6:34	64	51:53	268	1:13:16