



43. Brockenlauf  
Ilseburg / 07.09.2013

Detailed evaluation

Krabiell, Uwe

Club: Tough Guy  
Number: 318

Course: 26.20 km  
26,2 km - Lauf

Category:  
Senioren M45 (45-49 Jahre)

Total time: 2:52:38

Speed: 9.04 km/h  
Running performance: 6:35 min/km

Rank in course/Total: 301 (of 456)

Rank in course/Men: 269 (of 399)

Best time in course: 1:39:03

Rank in category: 65(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	21:43	6:34	81	7:31	322	9:12	3.30	21:43	6:34	11		269	9:08
Schlüsie	3.10	22:48	7:21	73	6:44	298	9:26	6.40	44:31	6:57	11		186	18:31
Hermannsklippe	2.60	21:18	8:11	75	7:03	304	9:45	9.00	1:05:49	7:18	11		269	28:09
Brocken	3.10	35:28	11:26	71	12:50	301	17:27	12.10	1:41:17	8:22	11	3:18	269	45:13
Eiserner Handwe	3.60	21:12	5:53	69	6:49	277	9:09	15.70	2:02:29	7:48	11	2:13	269	54:19
Schlüsie	4.10	18:25	4:29	43	4:25	189	7:27	19.80	2:20:54	7:06	11	1:00	269	1:01:46
Loddenke	3.10	14:47	4:46	46	3:38	174	5:23	22.90	2:35:41	6:47	11	1:02	269	1:07:09
Ilseburg/Markt	3.30	16:57	5:08	49	4:50	195	6:26	26.20	2:52:38	6:35	65	52:12	269	1:13:35