



43. Brockenlauf  
Ilseburg / 07.09.2013

Detailed evaluation

Sahm, Maik

Club: Berlin  
Number: 87

Course: 26.20 km  
26,2 km - Lauf

Category:  
Senioren M45 (45-49 Jahre)

Total time: 2:53:06

Speed: 9.01 km/h  
Running performance: 6:37 min/km

Rank in course/Total: 303 (of 456)

Rank in course/Men: 271 (of 399)

Best time in course: 1:39:03

Rank in category: 66(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	21:31	6:31	78	7:19	312	9:00	3.30	21:31	6:31	8		271	8:56
Schlüsie	3.10	22:28	7:14	71	6:24	287	9:06	6.40	43:59	6:52	8		271	17:59
Hermannsklippe	2.60	20:58	8:03	71	6:43	291	9:25	9.00	1:04:57	7:13	10		271	27:17
Brocken	3.10	33:35	10:50	65	10:57	268	15:34	12.10	1:38:32	8:08	10	0:33	271	42:28
Eiserner Handwe	3.60	20:32	5:42	65	6:09	259	8:29	15.70	1:59:04	7:35	10		271	50:54
Schlüsie	4.10	19:55	4:51	62	5:55	260	8:57	19.80	2:18:59	7:01	10		271	59:51
Loddenke	3.10	16:07	5:11	59	4:58	241	6:43	22.90	2:35:06	6:46	10	0:27	271	1:06:34
Ilseburg/Markt	3.30	18:00	5:27	61	5:53	244	7:29	26.20	2:53:06	6:36	66	52:40	271	1:14:03