



43. Brockenlauf
Ilsenburg / 07.09.2013

Detailed evaluation

Junig, Gunnar

Club: Brockenlaufverein Ilsenburg
Number: 162

Course: 26.20 km
26,2 km - Lauf

Category:
Senioren M55 (55-59 Jahre)

Total time: 2:53:28

Speed: 8.99 km/h
Running performance: 6:37 min/km

Rank in course/Total: 304 (of 456)

Rank in course/Men: 272 (of 399)

Best time in course: 1:39:03

Rank in category: 16(of 30)

Best time in the category: 2:11:15

| 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 | 20:41 | 6:16 | 19 | 4:44 | 283 | 8:10 | 3.30 | 20:41 | 6:16 | 1 | - | 272 | 8:06 |
| Schlüsie | 3.10 | 23:24 | 7:32 | 19 | 6:32 | 317 | 10:02 | 6.40 | 44:05 | 6:53 | 1 | - | 272 | 18:05 |
| Hermannsklippe | 2.60 | 21:56 | 8:26 | 18 | 6:44 | 317 | 10:23 | 9.00 | 1:06:01 | 7:20 | 1 | - | 272 | 28:21 |
| Brocken | 3.10 | 34:40 | 11:10 | 17 | 8:30 | 292 | 16:39 | 12.10 | 1:40:41 | 8:19 | 1 | - | 272 | 44:37 |
| Eiserner Handwe | 3.60 | 19:44 | 5:28 | 10 | 4:10 | 231 | 7:41 | 15.70 | 2:00:25 | 7:40 | 1 | - | 272 | 52:15 |
| Schlüsie | 4.10 | 19:07 | 4:39 | 13 | 4:04 | 226 | 8:09 | 19.80 | 2:19:32 | 7:02 | 1 | - | 272 | 1:00:24 |
| Loddenke | 3.10 | 16:05 | 5:11 | 14 | 3:22 | 237 | 6:41 | 22.90 | 2:35:37 | 6:47 | 1 | - | 272 | 1:07:05 |
| Ilsenburg/Markt | 3.30 | 17:51 | 5:24 | 12 | 4:07 | 236 | 7:20 | 26.20 | 2:53:28 | 6:37 | 16 | 42:13 | 272 | 1:14:25 |