



43. Brockenlauf
Ilseburg / 07.09.2013

Detailed evaluation

Arnhold, Gerd

Club: Rennsteiglaufverein
Number: 226

Course: 26.20 km
26,2 km - Lauf

Category:
Senioren M50 (50-54 Jahre)

Total time: 2:54:22

Speed: 8.95 km/h
Running performance: 6:40 min/km

Rank in course/Total: 305 (of 456)

Rank in course/Men: 273 (of 399)

Best time in course: 1:39:03

Rank in category: 42(of 63)

Best time in the category: 2:02:34

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	20:38	6:15	42	5:50	279	8:07	3.30	20:38	6:15	11		273	8:03
Schlüsie	3.10	22:41	7:19	47	6:20	296	9:19	6.40	43:19	6:46	11		273	17:19
Hermannsklippe	2.60	20:32	7:53	44	6:15	275	8:59	9.00	1:03:51	7:05	11		273	26:11
Brocken	3.10	32:13	10:23	37	9:18	237	14:12	12.10	1:36:04	7:56	11		273	40:00
Eiserner Handwe	3.60	22:38	6:17	49	7:55	315	10:35	15.70	1:58:42	7:33	11		273	50:32
Schlüsie	4.10	21:06	5:08	44	7:22	295	10:08	19.80	2:19:48	7:03	11		273	1:00:40
Loddenke	3.10	16:28	5:18	40	4:43	264	7:04	22.90	2:36:16	6:49	11		273	1:07:44
Ilseburg/Markt	3.30	18:06	5:29	39	4:58	252	7:35	26.20	2:54:22	6:39	42	51:48	273	1:15:19