



43. Brockenlauf
Ilseburg / 07.09.2013

Detailed evaluation

Finkensiep, Dirk

Club: LGO Bochum
Number: 125

Course: 26.20 km
26,2 km - Lauf

Category:
Senioren M50 (50-54 Jahre)

Total time: 2:54:36

Speed: 8.93 km/h
Running performance: 6:40 min/km

Rank in course/Total: 306 (of 456)

Rank in course/Men: 274 (of 399)

Best time in course: 1:39:03

Rank in category: 43(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	20:41	6:16	45	5:53	283	8:10	3.30	20:41	6:16	12	0:01	272	8:06
Schlüsie	3.10	22:00	7:05	40	5:39	267	8:38	6.40	42:41	6:40	12		274	16:41
Hermannsklippe	2.60	20:06	7:43	40	5:49	256	8:33	9.00	1:02:47	6:58	12		274	25:07
Brocken	3.10	36:35	11:48	48	13:40	325	18:34	12.10	1:39:22	8:12	12		274	43:18
Eiserner Handwe	3.60	20:22	5:39	38	5:39	253	8:19	15.70	1:59:44	7:37	12		274	51:34
Schlüsie	4.10	20:27	4:59	40	6:43	280	9:29	19.80	2:20:11	7:04	12		274	1:01:03
Loddenke	3.10	16:30	5:19	41	4:45	268	7:06	22.90	2:36:41	6:50	12		274	1:08:09
Ilseburg/Markt	3.30	17:55	5:25	37	4:47	240	7:24	26.20	2:54:36	6:39	43	52:02	274	1:15:33