



43. Brockenlauf
Ilseburg / 07.09.2013

Detailed evaluation

Vornkahl, Cord

Club: Nettlingen
Number: 425

Course: 26.20 km
26,2 km - Lauf

Category:
Senioren M45 (45-49 Jahre)

Total time: 2:56:30

Speed: 8.84 km/h
Running performance: 6:44 min/km

Rank in course/Total: 314 (of 456)

Rank in course/Men: 279 (of 399)

Best time in course: 1:39:03

Rank in category: 69(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.	Stage score		Total km	Total Time	Total min/km	Total ranking			
						Pos Men	Behind Men				Pos Men	Behind Men		
Loddenke	3.30	19:34	5:55	49	5:22	213	7:03	3.30	19:34	5:55	7		279	6:59
Schlüsie	3.10	22:24	7:13	69	6:20	284	9:02	6.40	41:58	6:33	7		279	15:58
Hermannsklippe	2.60	21:30	8:16	77	7:15	308	9:57	9.00	1:03:28	7:03	7		279	25:48
Brocken	3.10	35:57	11:35	76	13:19	313	17:56	12.10	1:39:25	8:12	7	1:26	279	43:21
Eiserner Handwe	3.60	22:35	6:16	77	8:12	313	10:32	15.70	2:02:00	7:46	7	1:44	279	53:50
Schlüsie	4.10	22:10	5:24	76	8:10	319	11:12	19.80	2:24:10	7:16	7	4:16	279	1:05:02
Loddenke	3.10	16:06	5:11	57	4:57	239	6:42	22.90	2:40:16	6:59	7	5:37	279	1:11:44
Ilseburg/Markt	3.30	16:14	4:55	37	4:07	157	5:43	26.20	2:56:30	6:44	69	56:04	279	1:17:27