



43. Brockenlauf  
Ilseburg / 07.09.2013

Detailed evaluation

Beckmann, Andreas

Club: Paderborn  
Number: 146

Course: 26.20 km  
26,2 km - Lauf

Category:  
Senioren M45 (45-49 Jahre)

Total time: 2:57:06

Speed: 8.81 km/h  
Running performance: 6:46 min/km

Rank in course/Total: 316 (of 456)

Rank in course/Men: 281 (of 399)

Best time in course: 1:39:03

Rank in category: 70(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	20:31	6:13	66	6:19	272	8:00	3.30	20:31	6:13	6		281	7:56
Schlüsie	3.10	21:33	6:57	62	5:29	250	8:11	6.40	42:04	6:34	6		281	16:04
Hermannsklippe	2.60	20:09	7:44	61	5:54	259	8:36	9.00	1:02:13	6:54	6		234	24:33
Brocken	3.10	35:00	11:17	70	12:22	296	16:59	12.10	1:37:13	8:02	6		281	41:09
Eiserner Handwe	3.60	20:21	5:39	64	5:58	252	8:18	15.70	1:57:34	7:29	6		281	49:24
Schlüsie	4.10	20:39	5:02	69	6:39	289	9:41	19.80	2:18:13	6:58	6		281	59:05
Loddenke	3.10	18:26	5:56	79	7:17	324	9:02	22.90	2:36:39	6:50	6	2:00	281	1:08:07
Ilseburg/Markt	3.30	20:27	6:11	83	8:20	327	9:56	26.20	2:57:06	6:45	70	56:40	281	1:18:03