



43. Brockenlauf
Ilsenburg / 07.09.2013

Detailed evaluation

Pflugner, Hans-Jürgen

Club: Brockenlaufverein Ilsenburg
Number: 270

Course: 26.20 km
26,2 km - Lauf

Category:
Senioren M55 (55-59 Jahre)

Total time: 2:57:53

Speed: 8.77 km/h
Running performance: 6:47 min/km

Rank in course/Total: 321 (of 456)

Rank in course/Men: 285 (of 399)

Best time in course: 1:39:03

Rank in category: 18(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	20:08	6:06	13	4:11	244	7:37	3.30	20:08	6:06	14		285	7:33
Schlüsie	3.10	22:40	7:18	17	5:48	294	9:18	6.40	42:48	6:41	14		231	16:48
Hermannsklippe	2.60	21:08	8:07	17	5:56	300	9:35	9.00	1:03:56	7:06	14		285	26:16
Brocken	3.10	39:01	12:35	24	12:51	366	21:00	12.10	1:42:57	8:30	14	2:16	285	46:53
Eiserner Handwe	3.60	20:36	5:43	15	5:02	262	8:33	15.70	2:03:33	7:52	14	3:08	285	55:23
Schlüsie	4.10	18:35	4:31	9	3:32	194	7:37	19.80	2:22:08	7:10	14	2:36	285	1:03:00
Loddenke	3.10	16:22	5:16	16	3:39	259	6:58	22.90	2:38:30	6:55	14	2:53	285	1:09:58
Ilsenburg/Markt	3.30	19:23	5:52	19	5:39	296	8:52	26.20	2:57:53	6:47	18	46:38	285	1:18:50