



43. Brockenlauf
Ilseburg / 07.09.2013

Detailed evaluation

Vietinghoff, Hartwig

Club: Michendorf
Number: 321

Course: 26.20 km
26,2 km - Lauf

Category:
Senioren M45 (45-49 Jahre)

Total time: 2:58:00

Speed: 8.76 km/h
Running performance: 6:47 min/km

Rank in course/Total: 322 (of 456)

Rank in course/Men: 286 (of 399)

Best time in course: 1:39:03

Rank in category: 71(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 | 22:52 | 6:55 | 89 | 8:40 | 360 | 10:21 | 3.30 | 22:52 | 6:55 | 5 | 0:44 | 286 | 10:17 |
| Schlüsie | 3.10 | 24:34 | 7:55 | 86 | 8:30 | 341 | 11:12 | 6.40 | 47:26 | 7:24 | 5 | 1:34 | 286 | 21:26 |
| Hermannsklippe | 2.60 | 20:53 | 8:01 | 69 | 6:38 | 289 | 9:20 | 9.00 | 1:08:19 | 7:35 | 5 | 1:43 | 286 | 30:39 |
| Brocken | 3.10 | 32:39 | 10:31 | 57 | 10:01 | 245 | 14:38 | 12.10 | 1:40:58 | 8:20 | 5 | 2:59 | 286 | 44:54 |
| Eiserner Handwe | 3.60 | 19:39 | 5:27 | 55 | 5:16 | 228 | 7:36 | 15.70 | 2:00:37 | 7:40 | 5 | 0:21 | 286 | 52:27 |
| Schlüsie | 4.10 | 22:20 | 5:26 | 77 | 8:20 | 324 | 11:22 | 19.80 | 2:22:57 | 7:13 | 5 | 3:03 | 286 | 1:03:49 |
| Loddenke | 3.10 | 16:15 | 5:14 | 60 | 5:06 | 250 | 6:51 | 22.90 | 2:39:12 | 6:57 | 5 | 4:33 | 286 | 1:10:40 |
| Ilseburg/Markt | 3.30 | 18:48 | 5:41 | 71 | 6:41 | 277 | 8:17 | 26.20 | 2:58:00 | 6:47 | 71 | 57:34 | 286 | 1:18:57 |