



43. Brockenlauf  
Ilseburg / 07.09.2013

Detailed evaluation

**Spomer, Lutz**

Club: Delligser SC  
Number: 413

Course: 26.20 km  
26,2 km - Lauf

Category:  
Senioren M40 (40-44 Jahre)

Total time: 2:58:26

Speed: 8.74 km/h  
Running performance: 6:49 min/km

Rank in course/Total: 328 (of 456)

Rank in course/Men: 291 (of 399)

Best time in course: 1:39:03

Rank in category: 47(of 55)

Best time in the category: 1:50:22

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	19:27	5:53	39	6:04	195	6:56	3.30	19:27	5:53	20	1:12	59	6:52
Schlüsie	3.10	21:42	7:00	50	7:15	258	8:20	6.40	41:09	6:25	20	2:17	291	15:09
Hermannsklippe	2.60	20:39	7:56	50	7:39	278	9:06	9.00	1:01:48	6:51	20	4:13	291	24:08
Brocken	3.10	37:05	11:57	53	16:47	335	19:04	12.10	1:38:53	8:10	20	4:57	291	42:49
Eiserner Handwe	3.60	20:42	5:45	45	7:24	263	8:39	15.70	1:59:35	7:37	20	6:32	291	51:25
Schlüsie	4.10	19:28	4:44	45	7:06	243	8:30	19.80	2:19:03	7:01	20	7:21	291	59:55
Loddenke	3.10	18:44	6:02	49	8:12	331	9:20	22.90	2:37:47	6:53	20	11:06	291	1:09:15
Ilseburg/Markt	3.30	20:39	6:15	48	8:32	332	10:08	26.20	2:58:26	6:48	47	1:08:04	291	1:19:23