



43. Brockenlauf
Ilseburg / 07.09.2013

Detailed evaluation

Osswald, René

Club: DLRG LG Potsdam
Number: 252

Course: 26.20 km
26,2 km - Lauf

Category:
Senioren M35 (35-39 Jahre)

Total time: 2:59:03

Speed: 8.71 km/h
Running performance: 6:50 min/km

Rank in course/Total: 331 (of 456)

Rank in course/Men: 293 (of 399)

Best time in course: 1:39:03

Rank in category: 31(of 39)

Best time in the category: 1:50:24

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	23:27	7:06	38	9:35	380	10:56	3.30	23:27	7:06	12	1:04	293	10:52
Schlüsie	3.10	23:03	7:26	31	8:00	307	9:41	6.40	46:30	7:15	12	0:40	293	20:30
Hermannsklippe	2.60	22:00	8:27	32	8:58	321	10:27	9.00	1:08:30	7:36	12	2:00	293	30:50
Brocken	3.10	35:39	11:30	35	15:07	311	17:38	12.10	1:44:09	8:36	12	3:30	293	48:05
Eiserner Handwe	3.60	20:05	5:34	26	7:09	243	8:02	15.70	2:04:14	7:54	12	1:40	293	56:04
Schlüsie	4.10	18:59	4:37	23	6:40	221	8:01	19.80	2:23:13	7:13	12	0:57	293	1:04:05
Loddenke	3.10	17:33	5:39	31	7:01	302	8:09	22.90	2:40:46	7:01	12	1:53	293	1:12:14
Ilseburg/Markt	3.30	18:17	5:32	27	6:09	259	7:46	26.20	2:59:03	6:50	31	1:08:39	293	1:20:00