



43. Brockenlauf
Ilseburg / 07.09.2013

Detailed evaluation

Vahldiek, Frank

Club: Marathon Hildesheim
Number: 320

Course: 26.20 km
26,2 km - Lauf

Category:
Senioren M50 (50-54 Jahre)

Total time: 2:59:28

Speed: 8.69 km/h
Running performance: 6:51 min/km

Rank in course/Total: 336 (of 456)

Rank in course/Men: 297 (of 399)

Best time in course: 1:39:03

Rank in category: 46(of 63)

Best time in the category: 2:02:34

Intermediate times

Stage score

Total ranking

Control	Split		Pos	Behind	Stage score		Pos	Behind	Total		Pos	Behind	Total ranking	
	km	Time			min/km	Cat.			Men	Men			km	Time
Loddenke	3.30	21:25	6:29	50	6:37	308	8:54	3.30	21:25	6:29	15	0:45	297	8:50
Schlüsie	3.10	24:11	7:48	54	7:50	336	10:49	6.40	45:36	7:07	15	1:16	297	19:36
Hermannsklippe	2.60	21:20	8:12	47	7:03	305	9:47	9.00	1:06:56	7:26	15		297	29:16
Brocken	3.10	32:50	10:35	39	9:55	249	14:49	12.10	1:39:46	8:14	15		297	43:42
Eiserner Handwe	3.60	20:13	5:36	37	5:30	247	8:10	15.70	1:59:59	7:38	15		297	51:49
Schlüsie	4.10	21:56	5:20	46	8:12	309	10:58	19.80	2:21:55	7:10	15		297	1:02:47
Loddenke	3.10	18:23	5:55	53	6:38	322	8:59	22.90	2:40:18	7:00	15		297	1:11:46
Ilseburg/Markt	3.30	19:10	5:48	47	6:02	291	8:39	26.20	2:59:28	6:50	46	56:54	297	1:20:25