



43. Brockenlauf

Ilseburg / 07.09.2013

Detailed evaluation

Holub, Ulrich

Club: SV Kyffhäuser
Number: 201

Course: 26.20 km
26,2 km - Lauf

Category:
Senioren M45 (45-49 Jahre)

Total time: 2:59:52

Speed: 8.67 km/h
Running performance: 6:52 min/km

Rank in course/Total: 338 (of 456)

Rank in course/Men: 299 (of 399)

Best time in course: 1:39:03

Rank in category: 74(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	17:52	5:24	32	3:40	126	5:21	3.30	17:52	5:24	2		208	5:17
Schlüsie	3.10	22:50	7:21	74	6:46	300	9:28	6.40	40:42	6:21	2		299	14:42
Hermannsklippe	2.60	22:18	8:34	82	8:03	327	10:45	9.00	1:03:00	7:00	2		299	25:20
Brocken	3.10	33:23	10:46	62	10:45	258	15:22	12.10	1:36:23	7:57	2		299	40:19
Eiserner Handwe	3.60	20:17	5:38	63	5:54	251	8:14	15.70	1:56:40	7:25	2		299	48:30
Schlüsie	4.10	21:17	5:11	71	7:17	297	10:19	19.80	2:17:57	6:58	2		299	58:49
Loddenke	3.10	20:32	6:37	91	9:23	364	11:08	22.90	2:38:29	6:55	2	3:50	299	1:09:57
Ilseburg/Markt	3.30	21:23	6:28	86	9:16	343	10:52	26.20	2:59:52	6:51	74	59:26	299	1:20:49