



43. Brockenlauf
Ilseburg / 07.09.2013

Detailed evaluation

Wilkens, Carsten

Club: Dasseler SC
Number: 410

Course: 26.20 km
26,2 km - Lauf

Category:
Senioren M40 (40-44 Jahre)

Total time: 3:00:31

Speed: 8.64 km/h
Running performance: 6:53 min/km

Rank in course/Total: 339 (of 456)

Rank in course/Men: 300 (of 399)

Best time in course: 1:39:03

Rank in category: 49(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.	Stage score		Total ranking						
						Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men
Loddenke	3.30	21:16	6:26	51	7:53	303	8:45	3.30	21:16	6:26	22	3:01	300	8:41
Schlüsie	3.10	22:00	7:05	51	7:33	267	8:38	6.40	43:16	6:45	22	4:24	300	17:16
Hermannsklippe	2.60	20:33	7:54	49	7:33	276	9:00	9.00	1:03:49	7:05	22	6:14	300	26:09
Brocken	3.10	33:08	10:41	46	12:50	253	15:07	12.10	1:36:57	8:00	22	3:01	300	40:53
Eiserner Handwe	3.60	21:28	5:57	48	8:10	285	9:25	15.70	1:58:25	7:32	22	5:22	300	50:15
Schlüsie	4.10	21:14	5:10	50	8:52	296	10:16	19.80	2:19:39	7:03	22	7:57	300	1:00:31
Loddenke	3.10	19:19	6:13	51	8:47	347	9:55	22.90	2:38:58	6:56	22	12:17	300	1:10:26
Ilseburg/Markt	3.30	21:33	6:31	51	9:26	346	11:02	26.20	3:00:31	6:53	49	1:10:09	300	1:21:28