



43. Brockenlauf
Ilseburg / 07.09.2013

Detailed evaluation

Münstermann, Lars

Club: Bovenden
Number: 409

Course: 26.20 km
26,2 km - Lauf

Category:
Senioren M35 (35-39 Jahre)

Total time: 3:02:19

Speed: 8.56 km/h
Running performance: 6:58 min/km

Rank in course/Total: 346 (of 456)

Rank in course/Men: 303 (of 399)

Best time in course: 1:39:03

Rank in category: 33(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	21:03	6:22	30	7:11	295	8:32	3.30	21:03	6:22	14		303	8:28
Schlüsie	3.10	23:22	7:32	34	8:19	316	10:00	6.40	44:25	6:56	14		303	18:25
Hermannsklippe	2.60	22:31	8:39	33	9:29	333	10:58	9.00	1:06:56	7:26	14	0:26	297	29:16
Brocken	3.10	35:37	11:29	34	15:05	310	17:36	12.10	1:42:33	8:28	14	1:54	303	46:29
Eiserner Handwe	3.60	22:02	6:07	33	9:06	302	9:59	15.70	2:04:35	7:56	14	2:01	303	56:25
Schlüsie	4.10	23:51	5:49	34	11:32	349	12:53	19.80	2:28:26	7:29	14	6:10	303	1:09:18
Loddenke	3.10	16:05	5:11	26	5:33	237	6:41	22.90	2:44:31	7:11	14	5:38	303	1:15:59
Ilseburg/Markt	3.30	17:48	5:23	24	5:40	232	7:17	26.20	3:02:19	6:57	33	1:11:55	303	1:23:16