



43. Brockenlauf
Ilseburg / 07.09.2013

Detailed evaluation

Vollrath, Mark

Club: Braunschweig
Number: 263

Course: 26.20 km
26,2 km - Lauf

Category:
Senioren M50 (50-54 Jahre)

Total time: 3:03:14

Speed: 8.51 km/h
Running performance: 6:59 min/km

Rank in course/Total: 350 (of 456)

Rank in course/Men: 306 (of 399)

Best time in course: 1:39:03

Rank in category: 47(of 63)

Best time in the category: 2:02:34

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	19:26	5:53	33	4:38	194	6:55	3.30	19:26	5:53	16		306	6:51
Schlüsie	3.10	19:58	6:26	29	3:37	174	6:36	6.40	39:24	6:09	16		244	13:24
Hermannsklippe	2.60	21:31	8:16	48	7:14	310	9:58	9.00	1:00:55	6:46	16		306	23:15
Brocken	3.10	38:03	12:16	52	15:08	350	20:02	12.10	1:38:58	8:10	16		306	42:54
Eiserner Handwe	3.60	23:27	6:30	53	8:44	334	11:24	15.70	2:02:25	7:47	16		306	54:15
Schlüsie	4.10	24:03	5:51	55	10:19	355	13:05	19.80	2:26:28	7:23	16		306	1:07:20
Loddenke	3.10	17:23	5:36	46	5:38	293	7:59	22.90	2:43:51	7:09	16		306	1:15:19
Ilseburg/Markt	3.30	19:23	5:52	49	6:15	296	8:52	26.20	3:03:14	6:59	47	1:00:40	306	1:24:11