



43. Brockenlauf  
Ilseburg / 07.09.2013

Detailed evaluation

**Baumann, Knut**

Club: Braunschweig  
Number: 268

Course: 26.20 km  
26,2 km - Lauf

Category:  
Senioren M45 (45-49 Jahre)

Total time: 3:03:15

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

Rank in course/Total: 351 (of 456)

Rank in course/Men: 307 (of 399)

Best time in course: 1:39:03

Rank in category: 75(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		Total		Total		Pos Cat.	Behind Cat.	Pos Men	Behind Men
								km	Time	min/km	Pos	Behind	Pos				
Loddenke	3.30	19:28	5:53	45	5:16	201	6:57	3.30	19:28	5:53	14		140	6:53			
Schlüsie	3.10	19:56	6:25	35	3:52	172	6:34	6.40	39:24	6:09	14		244	13:24			
Hermannsklippe	2.60	21:32	8:16	78	7:17	311	9:59	9.00	1:00:56	6:46	14		307	23:16			
Brocken	3.10	38:43	12:29	89	16:05	361	20:42	12.10	1:39:39	8:14	14	1:40	307	43:35			
Eiserner Handwe	3.60	22:48	6:19	80	8:25	323	10:45	15.70	2:02:27	7:47	14	2:11	307	54:17			
Schlüsie	4.10	24:01	5:51	84	10:01	353	13:03	19.80	2:26:28	7:23	14	6:34	306	1:07:20			
Loddenke	3.10	17:24	5:36	72	6:15	295	8:00	22.90	2:43:52	7:09	14	9:13	307	1:15:20			
Ilseburg/Markt	3.30	19:23	5:52	78	7:16	296	8:52	26.20	3:03:15	6:59	75	1:02:49	307	1:24:12			