



43. Brockenlauf
Ilseburg / 07.09.2013

Detailed evaluation

Triegel, Ralf

Club: Berlin
Number: 262

Course: 26.20 km
26,2 km - Lauf

Category:
Senioren M50 (50-54 Jahre)

Total time: 3:03:26

Speed: 8.50 km/h
Running performance: 7:00 min/km

Rank in course/Total: 352 (of 456)

Rank in course/Men: 308 (of 399)

Best time in course: 1:39:03

Rank in category: 48(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	20:40	6:15	44	5:52	281	8:09	3.30	20:40	6:15	1	-	266	8:05
Schlüsie	3.10	23:40	7:38	51	7:19	324	10:18	6.40	44:20	6:55	1	-	308	18:20
Hermannsklippe	2.60	23:07	8:53	53	8:50	348	11:34	9.00	1:07:27	7:29	1	-	308	29:47
Brocken	3.10	38:20	12:21	56	15:25	355	20:19	12.10	1:45:47	8:44	1	-	308	49:43
Eiserner Handwe	3.60	20:35	5:43	41	5:52	261	8:32	15.70	2:06:22	8:02	1	-	308	58:12
Schlüsie	4.10	21:30	5:14	45	7:46	301	10:32	19.80	2:27:52	7:28	1	-	308	1:08:44
Loddenke	3.10	17:05	5:30	45	5:20	285	7:41	22.90	2:44:57	7:12	1	-	308	1:16:25
Ilseburg/Markt	3.30	18:29	5:36	45	5:21	270	7:58	26.20	3:03:26	7:00	48	1:00:52	308	1:24:23