



43. Brockenlauf
Ilseburg / 07.09.2013

Detailed evaluation

Wiedermann, Thomas

Club: Top Speed List
Number: 466

Course: 26.20 km
26,2 km - Lauf

Category:
Senioren M45 (45-49 Jahre)

Total time: 3:03:56

Speed: 8.48 km/h
Running performance: 7:01 min/km

Rank in course/Total: 355 (of 456)

Rank in course/Men: 310 (of 399)

Best time in course: 1:39:03

Rank in category: 76(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 km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men
Loddenke	3.30	22:30	6:49	86	8:18	351	9:59	3.30	22:30	6:49	50	0:22	310	9:55
Schlüsie	3.10	25:14	8:08	90	9:10	364	11:52	6.40	47:44	7:27	50	1:52	310	21:44
Hermannsklippe	2.60	21:48	8:23	79	7:33	315	10:15	9.00	1:09:32	7:43	50	2:56	310	31:52
Brocken	3.10	38:36	12:27	88	15:58	357	20:35	12.10	1:48:08	8:56	50	10:09	310	52:04
Eiserner Handwe	3.60	20:43	5:45	66	6:20	264	8:40	15.70	2:08:51	8:12	50	8:35	310	1:00:41
Schlüsie	4.10	19:19	4:42	55	5:19	237	8:21	19.80	2:28:10	7:28	50	8:16	310	1:09:02
Loddenke	3.10	17:29	5:38	75	6:20	300	8:05	22.90	2:45:39	7:14	50	11:00	310	1:17:07
Ilseburg/Markt	3.30	18:17	5:32	66	6:10	259	7:46	26.20	3:03:56	7:01	76	1:03:30	310	1:24:53