



43. Brockenlauf
Ilseburg / 07.09.2013

Detailed evaluation

Kraaz, Udo

Club: Uelzen
Number: 250

Course: 26.20 km
26,2 km - Lauf

Category:
Senioren M45 (45-49 Jahre)

Total time: 3:04:57

Speed: 8.43 km/h
Running performance: 7:04 min/km

Rank in course/Total: 359 (of 456)

Rank in course/Men: 314 (of 399)

Best time in course: 1:39:03

Rank in category: 78(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. | Stage score | | Total | | Total min/km | Pos Cat. | Behind Cat. | Total ranking | |
|-----------------|-------------|---------------|-----------------|-------------|----------------|-------------|---------------|-------|---------|-----------------|-------------|----------------|---------------|---------------|
| | | | | | | Pos Men | Behind Men | km | Time | | | | Pos Men | Behind Men |
| Loddenke | 3.30 | 23:08 | 7:00 | 92 | 8:56 | 367 | 10:37 | 3.30 | 23:08 | 7:00 | 28 | 1:00 | 201 | 10:33 |
| Schlüsie | 3.10 | 23:42 | 7:38 | 81 | 7:38 | 325 | 10:20 | 6.40 | 46:50 | 7:19 | 48 | 0:58 | 314 | 20:50 |
| Hermannsklippe | 2.60 | 22:27 | 8:38 | 83 | 8:12 | 332 | 10:54 | 9.00 | 1:09:17 | 7:41 | 48 | 2:41 | 314 | 31:37 |
| Brocken | 3.10 | 35:35 | 11:28 | 74 | 12:57 | 307 | 17:34 | 12.10 | 1:44:52 | 8:39 | 48 | 6:53 | 314 | 48:48 |
| Eiserner Handwe | 3.60 | 19:39 | 5:27 | 55 | 5:16 | 228 | 7:36 | 15.70 | 2:04:31 | 7:55 | 48 | 4:15 | 314 | 56:21 |
| Schlüsie | 4.10 | 25:08 | 6:07 | 88 | 11:08 | 368 | 14:10 | 19.80 | 2:29:39 | 7:33 | 48 | 9:45 | 314 | 1:10:31 |
| Loddenke | 3.10 | 16:17 | 5:15 | 62 | 5:08 | 253 | 6:53 | 22.90 | 2:45:56 | 7:14 | 48 | 11:17 | 314 | 1:17:24 |
| Ilseburg/Markt | 3.30 | 19:01 | 5:45 | 75 | 6:54 | 284 | 8:30 | 26.20 | 3:04:57 | 7:03 | 78 | 1:04:31 | 314 | 1:25:54 |