



43. Brockenlauf
Ilseburg / 07.09.2013

Detailed evaluation

Laube, Winfried

Club: Schwabenläufer
Number: 80

Course: 26.20 km
26,2 km - Lauf

Category:
Senioren M70 (70-74 Jahre)

Total time: 3:05:04

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

Rank in course/Total: 361 (of 456)

Rank in course/Men: 315 (of 399)

Best time in course: 1:39:03

Rank in category: 2(of 6)

Best time in the category: 2:36:10

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Stage score		Total ranking						
						Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men
Loddenke	3.30	23:08	7:00	3	4:53	367	10:37	3.30	23:08	7:00	2	4:53	201	10:33
Schlüsie	3.10	24:35	7:55	2	3:46	346	11:13	6.40	47:43	7:27	2	8:39	315	21:43
Hermannsklippe	2.60	21:58	8:26	2	3:28	319	10:25	9.00	1:09:41	7:44	2	12:07	315	32:01
Brocken	3.10	36:44	11:50	3	6:27	328	18:43	12.10	1:46:25	8:47	2	18:34	315	50:21
Eiserner Handwe	3.60	21:27	5:57	2	3:25	282	9:24	15.70	2:07:52	8:08	2	21:59	315	59:42
Schlüsie	4.10	20:21	4:57	2	2:54	276	9:23	19.80	2:28:13	7:29	2	24:53	315	1:09:05
Loddenke	3.10	17:17	5:34	2	2:08	290	7:53	22.90	2:45:30	7:13	2	27:01	315	1:16:58
Ilseburg/Markt	3.30	19:34	5:55	3	1:53	303	9:03	26.20	3:05:04	7:03	2	28:54	315	1:26:01