



43. Brockenlauf

Ilseburg / 07.09.2013

Detailed evaluation

Wichette, Norbert

Club: Niedersachsen
Number: 442

Course: 26.20 km
26,2 km - Lauf

Category:
Senioren M45 (45-49 Jahre)

Total time: 3:05:31

Speed: 8.41 km/h
Running performance: 7:05 min/km

Rank in course/Total: 363 (of 456)

Rank in course/Men: 317 (of 399)

Best time in course: 1:39:03

Rank in category: 79(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	21:08	6:24	75	6:56	302	8:37	3.30	21:08	6:24	47		317	8:33
Schlüsie	3.10	23:13	7:29	78	7:09	314	9:51	6.40	44:21	6:55	47		317	18:21
Hermannsklippe	2.60	22:37	8:41	86	8:22	337	11:04	9.00	1:06:58	7:26	47	0:22	317	29:18
Brocken	3.10	36:18	11:42	79	13:40	317	18:17	12.10	1:43:16	8:32	47	5:17	317	47:12
Eiserner Handwe	3.60	20:57	5:49	67	6:34	269	8:54	15.70	2:04:13	7:54	47	3:57	317	56:03
Schlüsie	4.10	19:33	4:46	58	5:33	246	8:35	19.80	2:23:46	7:15	47	3:52	317	1:04:38
Loddenke	3.10	18:52	6:05	82	7:43	334	9:28	22.90	2:42:38	7:06	47	7:59	317	1:14:06
Ilseburg/Markt	3.30	22:53	6:56	90	10:46	364	12:22	26.20	3:05:31	7:04	79	1:05:05	317	1:26:28