



43. Brockenlauf  
Ilseburg / 07.09.2013

Detailed evaluation

Henneking, Thomas

Club: Weserpeser  
Number: 100

Course: 26.20 km  
26,2 km - Lauf

Category:  
Senioren M45 (45-49 Jahre)

Total time: 3:05:38

Speed: 8.40 km/h  
Running performance: 7:05 min/km

Rank in course/Total: 364 (of 456)

Rank in course/Men: 318 (of 399)

Best time in course: 1:39:03

Rank in category: 80(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	22:07	6:42	83	7:55	332	9:36	3.30	22:07	6:42	46		251	9:32
Schlüsie	3.10	23:26	7:33	79	7:22	318	10:04	6.40	45:33	7:07	46		318	19:33
Hermannsklippe	2.60	20:33	7:54	65	6:18	276	9:00	9.00	1:06:06	7:20	46		318	28:26
Brocken	3.10	32:50	10:35	60	10:12	249	14:49	12.10	1:38:56	8:10	46	0:57	318	42:52
Eiserner Handwe	3.60	22:18	6:11	76	7:55	309	10:15	15.70	2:01:14	7:43	46	0:58	318	53:04
Schlüsie	4.10	23:50	5:48	82	9:50	348	12:52	19.80	2:25:04	7:19	46	5:10	318	1:05:56
Loddenke	3.10	19:16	6:12	87	8:07	345	9:52	22.90	2:44:20	7:10	46	9:41	318	1:15:48
Ilseburg/Markt	3.30	21:18	6:27	85	9:11	342	10:47	26.20	3:05:38	7:05	80	1:05:12	318	1:26:35