



43. Brockenlauf

Ilseburg / 07.09.2013

Detailed evaluation

Glinke, Udo

Club: Gewerkschaft der Polizei Bundespolizei Hannover
 Number: 104

Course: 26.20 km
 26,2 km - Lauf

Category:
 Senioren M50 (50-54 Jahre)

Total time: 3:07:29

Avg Speed: 8.32 km/h
 Running performance: 7:10 min/km

Rank in course/Total: 366 (of 456)

Rank in course/Men: 319 (of 399)

Best time in course: 1:39:03

Rank in category: 50(of 63)

Best time in the category: 2:02:34

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	22:44	6:53	57	7:56	358	10:13	3.30	22:44	6:53	19	2:04	319	10:09
Schlüsie	3.10	22:38	7:18	46	6:17	293	9:16	6.40	45:22	7:05	19	1:02	319	19:22
Hermannsklippe	2.60	21:35	8:18	49	7:18	312	10:02	9.00	1:06:57	7:26	19		319	29:17
Brocken	3.10	38:19	12:21	55	15:24	354	20:18	12.10	1:45:16	8:41	19		319	49:12
Eiserner Handwe	3.60	20:58	5:49	43	6:15	270	8:55	15.70	2:06:14	8:02	19		319	58:04
Schlüsie	4.10	20:21	4:57	39	6:37	276	9:23	19.80	2:26:35	7:24	19		319	1:07:27
Loddenke	3.10	19:47	6:22	57	8:02	353	10:23	22.90	2:46:22	7:15	19	1:25	319	1:17:50
Ilseburg/Markt	3.30	21:07	6:23	55	7:59	340	10:36	26.20	3:07:29	7:09	50	1:04:55	319	1:28:26