



43. Brockenlauf
Ilseburg / 07.09.2013

Detailed evaluation

Scheibe, Frank

Club: SV Westfeld
Number: 290

Course: 26.20 km
26,2 km - Lauf

Category:
Senioren M45 (45-49 Jahre)

Total time: 3:08:16

Speed: 8.29 km/h
Running performance: 7:11 min/km

Rank in course/Total: 369 (of 456)

Rank in course/Men: 322 (of 399)

Best time in course: 1:39:03

Rank in category: 81(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	18:57	5:44	41	4:45	175	6:26	3.30	18:57	5:44	45		322	6:22
Schlüsie	3.10	21:52	7:03	64	5:48	262	8:30	6.40	40:49	6:22	22		229	14:49
Hermannsklippe	2.60	23:35	9:04	90	9:20	357	12:02	9.00	1:04:24	7:09	45		322	26:44
Brocken	3.10	40:15	12:59	92	17:37	372	22:14	12.10	1:44:39	8:38	45	6:40	322	48:35
Eiserner Handwe	3.60	23:06	6:25	82	8:43	328	11:03	15.70	2:07:45	8:08	45	7:29	322	59:35
Schlüsie	4.10	24:04	5:52	86	10:04	356	13:06	19.80	2:31:49	7:40	45	11:55	322	1:12:41
Loddenke	3.10	17:25	5:37	74	6:16	297	8:01	22.90	2:49:14	7:23	45	14:35	322	1:20:42
Ilseburg/Markt	3.30	19:02	5:46	76	6:55	285	8:31	26.20	3:08:16	7:11	81	1:07:50	322	1:29:13