



43. Brockenlauf  
Ilseburg / 07.09.2013

Detailed evaluation

Jahn, Dieter

Club: Nix tun kann jeder  
Number: 479

Course: 26.20 km  
26,2 km - Lauf

Category:  
Senioren M30 (30-34 Jahre)

Total time: 3:08:41

Speed: 8.27 km/h  
Running performance: 7:12 min/km

Rank in course/Total: 371 (of 456)

Rank in course/Men: 323 (of 399)

Best time in course: 1:39:03

Rank in category: 30(of 32)

Best time in the category: 1:39:03

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	21:39	6:33	28	9:04	317	9:08	3.30	21:39	6:33	4	2:10	186	9:04
Schlüsie	3.10	22:42	7:19	28	9:17	297	9:20	6.40	44:21	6:55	4	5:18	317	18:21
Hermannsklippe	2.60	21:09	8:08	30	9:29	301	9:36	9.00	1:05:30	7:16	4	8:39	324	27:50
Brocken	3.10	33:57	10:57	28	15:33	279	15:56	12.10	1:39:27	8:13	4	12:08	324	43:23
Eiserner Handwe	3.60	26:35	7:23	31	14:29	374	14:32	15.70	2:06:02	8:01	4	19:29	324	57:52
Schlüsie	4.10	22:32	5:29	30	11:34	330	11:34	19.80	2:28:34	7:30	4	23:39	323	1:09:26
Loddenke	3.10	19:07	6:10	30	9:43	342	9:43	22.90	2:47:41	7:19	4	28:21	324	1:19:09
Ilseburg/Markt	3.30	21:00	6:21	31	10:29	338	10:29	26.20	3:08:41	7:12	30	1:29:38	323	1:29:38