



43. Brockenlauf
Ilseburg / 07.09.2013

Detailed evaluation

John, Andreas

Club: Djk Dingelstedt
Number: 448

Course: 26.20 km
26,2 km - Lauf

Category:
Senioren M50 (50-54 Jahre)

Total time: 3:09:37

Speed: 8.23 km/h
Running performance: 7:14 min/km

Rank in course/Total: 374 (of 456)

Rank in course/Men: 327 (of 399)

Best time in course: 1:39:03

Rank in category: 52(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	22:52	6:55	58	8:04	360	10:21	3.30	22:52	6:55	21	2:12	286	10:17
Schlüsie	3.10	23:55	7:42	53	7:34	331	10:33	6.40	46:47	7:18	21	2:27	327	20:47
Hermannsklippe	2.60	22:04	8:29	51	7:47	323	10:31	9.00	1:08:51	7:38	21	1:24	327	31:11
Brocken	3.10	34:52	11:14	47	11:57	294	16:51	12.10	1:43:43	8:34	21		327	47:39
Eiserner Handwe	3.60	23:26	6:30	52	8:43	333	11:23	15.70	2:07:09	8:05	21	0:47	327	58:59
Schlüsie	4.10	23:56	5:50	54	10:12	350	12:58	19.80	2:31:05	7:37	21	3:13	327	1:11:57
Loddenke	3.10	18:28	5:57	54	6:43	325	9:04	22.90	2:49:33	7:24	21	4:36	327	1:21:01
Ilseburg/Markt	3.30	20:04	6:04	52	6:56	311	9:33	26.20	3:09:37	7:14	52	1:07:03	327	1:30:34