



43. Brockenlauf
Ilseburg / 07.09.2013

Detailed evaluation

Mende, Oliver

Club: Hemmingen
Number: 102

Course: 26.20 km
26,2 km - Lauf

Category:
Senioren M45 (45-49 Jahre)

Total time: 3:09:59

Speed: 8.21 km/h
Running performance: 7:15 min/km

Rank in course/Total: 375 (of 456)

Rank in course/Men: 328 (of 399)

Best time in course: 1:39:03

Rank in category: 82(of 99)

Best time in the category: 2:00:26

Intermediate times

Stage score

Total ranking

Control	Split		Pos	Behind	Stage score		Pos	Behind	Total		Pos	Behind	Total ranking	
	km	Time			min/km	Cat.			Men	Men			km	Time
Loddenke	3.30	22:54	6:56	90	8:42	362	10:23	3.30	22:54	6:56	44	0:46	328	10:19
Schlüsie	3.10	24:44	7:58	87	8:40	352	11:22	6.40	47:38	7:26	44	1:46	328	21:38
Hermannsklippe	2.60	22:17	8:34	81	8:02	326	10:44	9.00	1:09:55	7:46	44	3:19	328	32:15
Brocken	3.10	36:32	11:47	81	13:54	323	18:31	12.10	1:46:27	8:47	44	8:28	328	50:23
Eiserner Handwe	3.60	22:36	6:16	78	8:13	314	10:33	15.70	2:09:03	8:13	44	8:47	328	1:00:53
Schlüsie	4.10	22:21	5:27	78	8:21	325	11:23	19.80	2:31:24	7:38	44	11:30	328	1:12:16
Loddenke	3.10	18:37	6:00	80	7:28	327	9:13	22.90	2:50:01	7:25	44	15:22	328	1:21:29
Ilseburg/Markt	3.30	19:58	6:03	80	7:51	309	9:27	26.20	3:09:59	7:15	82	1:09:33	328	1:30:56