



43. Brockenlauf
Ilseburg / 07.09.2013

Detailed evaluation

Stemmer, Harm

Club: FFB Jesteburg
Number: 31

Course: 26.20 km
26,2 km - Lauf

Category:
Senioren M35 (35-39 Jahre)

Total time: 3:10:19

Speed: 8.20 km/h
Running performance: 7:16 min/km

Rank in course/Total: 376 (of 456)

Rank in course/Men: 329 (of 399)

Best time in course: 1:39:03

Rank in category: 34(of 39)

Best time in the category: 1:50:24

Intermediate times

Stage score

Total ranking

| Control | Intermediate times | | | | Stage score | | | | Total ranking | | | | | |
|-----------------|--------------------|------------|--------------|----------|-------------|---------|------------|----------|---------------|--------------|----------|-------------|---------|------------|
| | 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 | 19:31 | 5:54 | 22 | 5:39 | 210 | 7:00 | 3.30 | 19:31 | 5:54 | 15 | | 168 | 6:56 |
| Schlüsie | 3.10 | 21:28 | 6:55 | 28 | 6:25 | 241 | 8:06 | 6.40 | 40:59 | 6:24 | 11 | | 205 | 14:59 |
| Hermannsklippe | 2.60 | 24:07 | 9:16 | 36 | 11:05 | 364 | 12:34 | 9.00 | 1:05:06 | 7:13 | 15 | | 329 | 27:26 |
| Brocken | 3.10 | 36:44 | 11:50 | 36 | 16:12 | 328 | 18:43 | 12.10 | 1:41:50 | 8:24 | 15 | 1:11 | 329 | 45:46 |
| Eiserner Handwe | 3.60 | 21:47 | 6:03 | 31 | 8:51 | 297 | 9:44 | 15.70 | 2:03:37 | 7:52 | 15 | 1:03 | 329 | 55:27 |
| Schlüsie | 4.10 | 19:55 | 4:51 | 30 | 7:36 | 260 | 8:57 | 19.80 | 2:23:32 | 7:14 | 15 | 1:16 | 329 | 1:04:24 |
| Loddenke | 3.10 | 20:41 | 6:40 | 35 | 10:09 | 369 | 11:17 | 22.90 | 2:44:13 | 7:10 | 15 | 5:20 | 329 | 1:15:41 |
| Ilseburg/Markt | 3.30 | 26:06 | 7:54 | 39 | 13:58 | 388 | 15:35 | 26.20 | 3:10:19 | 7:15 | 34 | 1:19:55 | 329 | 1:31:16 |