



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	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