



43. Brockenlauf
Ilseburg / 07.09.2013

Detailed evaluation

Schaper, Frank

Club: Langeln
Number: 429

Course: 26.20 km
26,2 km - Lauf

Category:
Senioren M45 (45-49 Jahre)

Total time: 3:11:18

Speed: 8.15 km/h
Running performance: 7:18 min/km

Rank in course/Total: 382 (of 456)

Rank in course/Men: 334 (of 399)

Best time in course: 1:39:03

Rank in category: 84(of 99)

Best time in the category: 2:00:26

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men	Total		Total		Total		Pos Cat.	Behind Cat.	Pos Men	Behind Men
								km	Time	min/km	Pos	Behind	Pos				
Loddenke	3.30	22:18	6:45	85	8:06	344	9:47	3.30	22:18	6:45	42	0:10	334	9:43			
Schlüsie	3.10	25:08	8:06	89	9:04	361	11:46	6.40	47:26	7:24	5	1:34	286	21:26			
Hermannsklippe	2.60	22:46	8:45	88	8:31	342	11:13	9.00	1:10:12	7:48	42	3:36	334	32:32			
Brocken	3.10	35:33	11:28	72	12:55	304	17:32	12.10	1:45:45	8:44	42	7:46	335	49:41			
Eiserner Handwe	3.60	25:42	7:08	87	11:19	363	13:39	15.70	2:11:27	8:22	42	11:11	335	1:03:17			
Schlüsie	4.10	23:06	5:38	80	9:06	337	12:08	19.80	2:34:33	7:48	42	14:39	334	1:15:25			
Loddenke	3.10	18:41	6:01	81	7:32	329	9:17	22.90	2:53:14	7:33	42	18:35	334	1:24:42			
Ilseburg/Markt	3.30	18:04	5:28	62	5:57	247	7:33	26.20	3:11:18	7:18	84	1:10:52	334	1:32:15			