



43. Brockenlauf  
Ilseburg / 07.09.2013

Detailed evaluation

Scheffler, Jörg

Club: Bremen  
Number: 351

Course: 26.20 km  
26,2 km - Lauf

Category:  
Senioren M50 (50-54 Jahre)

Total time: 3:11:56

Speed: 8.13 km/h  
Running performance: 7:20 min/km

Rank in course/Total: 385 (of 456)

Rank in course/Men: 338 (of 399)

Best time in course: 1:39:03

Rank in category: 54(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.	Stage score		Total ranking						
						Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men
Loddenke	3.30	21:02	6:22	47	6:14	293	8:31	3.30	21:02	6:22	23	0:22	302	8:27
Schlüsie	3.10	23:53	7:42	52	7:32	329	10:31	6.40	44:55	7:01	23	0:35	338	18:55
Hermannsklippe	2.60	21:54	8:25	50	7:37	316	10:21	9.00	1:06:49	7:25	23		338	29:09
Brocken	3.10	38:04	12:16	53	15:09	351	20:03	12.10	1:44:53	8:40	23		338	48:49
Eiserner Handwe	3.60	22:28	6:14	48	7:45	312	10:25	15.70	2:07:21	8:06	23	0:59	338	59:11
Schlüsie	4.10	23:34	5:44	52	9:50	343	12:36	19.80	2:30:55	7:37	23	3:03	338	1:11:47
Loddenke	3.10	19:55	6:25	58	8:10	354	10:31	22.90	2:50:50	7:27	23	5:53	338	1:22:18
Ilseburg/Markt	3.30	21:06	6:23	54	7:58	339	10:35	26.20	3:11:56	7:19	54	1:09:22	338	1:32:53