



43. Brockenlauf
Ilseburg / 07.09.2013

Detailed evaluation

Hamel, Christian

Club: SV Kali Wolminstedt
Number: 488

Course: 26.20 km
26,2 km - Lauf

Category:
Senioren M45 (45-49 Jahre)

Total time: 3:12:14

Speed: 8.12 km/h
Running performance: 7:20 min/km

Rank in course/Total: 386 (of 456)

Rank in course/Men: 339 (of 399)

Best time in course: 1:39:03

Rank in category: 85(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 km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men
Loddenke	3.30	20:17	6:08	60	6:05	255	7:46	3.30	20:17	6:08	41		339	7:42
Schlüsie	3.10	22:02	7:06	67	5:58	270	8:40	6.40	42:19	6:36	41		339	16:19
Hermannsklippe	2.60	21:56	8:26	80	7:41	317	10:23	9.00	1:04:15	7:08	41		339	26:35
Brocken	3.10	38:29	12:24	87	15:51	356	20:28	12.10	1:42:44	8:29	41	4:45	339	46:40
Eiserner Handwe	3.60	26:03	7:14	88	11:40	366	14:00	15.70	2:08:47	8:12	41	8:31	339	1:00:37
Schlüsie	4.10	22:49	5:33	79	8:49	333	11:51	19.80	2:31:36	7:39	41	11:42	339	1:12:28
Loddenke	3.10	18:53	6:05	84	7:44	336	9:29	22.90	2:50:29	7:26	41	15:50	339	1:21:57
Ilseburg/Markt	3.30	21:45	6:35	87	9:38	349	11:14	26.20	3:12:14	7:20	85	1:11:48	339	1:33:11