



43. Brockenlauf
Ilseburg / 07.09.2013

Detailed evaluation

Erdmann, Gerhard

Club: Rübeland
Number: 159

Course: 26.20 km
26,2 km - Lauf

Category:
Senioren M55 (55-59 Jahre)

Total time: 3:14:51

Speed: 8.01 km/h
Running performance: 7:26 min/km

Rank in course/Total: 391 (of 456)

Rank in course/Men: 343 (of 399)

Best time in course: 1:39:03

Rank in category: 23(of 30)

Best time in the category: 2:11:15

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	21:57	6:39	24	6:00	329	9:26	3.30	21:57	6:39	9	1:16	343	9:22
Schlüsie	3.10	24:34	7:55	21	7:42	341	11:12	6.40	46:31	7:16	9	2:26	343	20:31
Hermannsklippe	2.60	22:54	8:48	21	7:42	345	11:21	9.00	1:09:25	7:42	9	3:24	343	31:45
Brocken	3.10	37:41	12:09	21	11:31	343	19:40	12.10	1:47:06	8:51	9	6:25	343	51:02
Eiserner Handwe	3.60	22:20	6:12	19	6:46	310	10:17	15.70	2:09:26	8:14	9	9:01	343	1:01:16
Schlüsie	4.10	22:09	5:24	21	7:06	318	11:11	19.80	2:31:35	7:39	9	12:03	343	1:12:27
Loddenke	3.10	20:25	6:35	24	7:42	362	11:01	22.90	2:52:00	7:30	9	16:23	343	1:23:28
Ilseburg/Markt	3.30	22:51	6:55	23	9:07	363	12:20	26.20	3:14:51	7:26	23	1:03:36	343	1:35:48