



43. Brockenlauf
Ilseburg / 07.09.2013

Detailed evaluation

Sakwerda, Waldemar

Club: Die Kernigen Altmärker
Number: 119

Course: 26.20 km
26,2 km - Lauf

Category:
Senioren M45 (45-49 Jahre)

Total time: 3:15:11

Speed: 7.99 km/h
Running performance: 7:27 min/km

Rank in course/Total: 393 (of 456)

Rank in course/Men: 345 (of 399)

Best time in course: 1:39:03

Rank in category: 86(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.	Stage score		Total km	Total Time	Total min/km	Total ranking		Pos Men	Behind Men
						Pos Men	Behind Men				Pos Men	Behind Men		
Loddenke	3.30	21:25	6:29	77	7:13	308	8:54	3.30	21:25	6:29	40		297	8:50
Schlüsie	3.10	24:20	7:50	85	8:16	338	10:58	6.40	45:45	7:08	40		345	19:45
Hermannsklippe	2.60	23:05	8:52	89	8:50	346	11:32	9.00	1:08:50	7:38	40	2:14	345	31:10
Brocken	3.10	38:54	12:32	91	16:16	364	20:53	12.10	1:47:44	8:54	40	9:45	345	51:40
Eiserner Handwe	3.60	22:46	6:19	79	8:23	320	10:43	15.70	2:10:30	8:18	40	10:14	345	1:02:20
Schlüsie	4.10	25:23	6:11	90	11:23	373	14:25	19.80	2:35:53	7:52	40	15:59	345	1:16:45
Loddenke	3.10	19:07	6:10	86	7:58	342	9:43	22.90	2:55:00	7:38	40	20:21	345	1:26:28
Ilseburg/Markt	3.30	20:11	6:06	81	8:04	316	9:40	26.20	3:15:11	7:26	86	1:14:45	345	1:36:08