



43. Brockenlauf
Ilseburg / 07.09.2013

Detailed evaluation

Thater, Ralf

Club: SVE Wildenloh
Number: 137

Course: 26.20 km
26,2 km - Lauf

Category:
Senioren M50 (50-54 Jahre)

Total time: 3:18:38

Speed: 7.85 km/h
Running performance: 7:35 min/km

Rank in course/Total: 399 (of 456)

Rank in course/Men: 351 (of 399)

Best time in course: 1:39:03

Rank in category: 55(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.	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	22:09	6:42	54	7:21	338	9:38	3.30	22:09	6:42	24	1:29	316	9:34			
Schlüsie	3.10	24:44	7:58	55	8:23	352	11:22	6.40	46:53	7:19	24	2:33	351	20:53			
Hermannsklippe	2.60	24:41	9:29	59	10:24	372	13:08	9.00	1:11:34	7:57	24	4:07	351	33:54			
Brocken	3.10	42:47	13:48	61	19:52	387	24:46	12.10	1:54:21	9:27	24	8:34	351	58:17			
Eiserner Handwe	3.60	24:32	6:48	57	9:49	351	12:29	15.70	2:18:53	8:50	24	12:31	351	1:10:43			
Schlüsie	4.10	22:15	5:25	51	8:31	322	11:17	19.80	2:41:08	8:08	24	13:16	351	1:22:00			
Loddenke	3.10	17:30	5:38	49	5:45	301	8:06	22.90	2:58:38	7:48	24	13:41	351	1:30:06			
Ilseburg/Markt	3.30	20:00	6:03	51	6:52	310	9:29	26.20	3:18:38	7:34	55	1:16:04	351	1:39:35			