



43. Brockenlauf
Ilseburg / 07.09.2013

Detailed evaluation

Ilk, Olaf

Club: Berlin
Number: 186

Course: 26.20 km
26,2 km - Lauf

Category:
Senioren M45 (45-49 Jahre)

Total time: 3:19:00

Speed: 7.84 km/h
Running performance: 7:36 min/km

Rank in course/Total: 400 (of 456)

Rank in course/Men: 352 (of 399)

Best time in course: 1:39:03

Rank in category: 88(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		Total		Total		Pos Cat.	Behind Cat.	Pos Men	Behind Men	
								km	Time	min/km	Pos	Behind	Pos					Behind
Loddenke	3.30	23:01	6:58	91	8:49	364	10:30	3.30	23:01	6:58	38	0:53	352	10:26				
Schlüsie	3.10	26:15	8:28	93	10:11	379	12:53	6.40	49:16	7:41	38	3:24	352	23:16				
Hermannsklippe	2.60	22:40	8:43	87	8:25	339	11:07	9.00	1:11:56	7:59	38	5:20	352	34:16				
Brocken	3.10	36:26	11:45	80	13:48	320	18:25	12.10	1:48:22	8:57	38	10:23	352	52:18				
Eiserner Handwe	3.60	26:38	7:23	92	12:15	376	14:35	15.70	2:15:00	8:35	38	14:44	352	1:06:50				
Schlüsie	4.10	25:37	6:14	92	11:37	375	14:39	19.80	2:40:37	8:06	38	20:43	352	1:21:29				
Loddenke	3.10	19:24	6:15	89	8:15	349	10:00	22.90	3:00:01	7:51	38	25:22	352	1:31:29				
Ilseburg/Markt	3.30	18:59	5:45	73	6:52	282	8:28	26.20	3:19:00	7:35	88	1:18:34	352	1:39:57				