



43. Brockenlauf
Ilseburg / 07.09.2013

Detailed evaluation

Dittmann, Manfred

Club: DAV Sektion Nordhausen
Number: 377

Course: 26.20 km
26,2 km - Lauf

Category:
Senioren M70 (70-74 Jahre)

Total time: 3:19:14

Speed: 7.83 km/h
Running performance: 7:36 min/km

Rank in course/Total: 401 (of 456)

Rank in course/Men: 353 (of 399)

Best time in course: 1:39:03

Rank in category: 3(of 6)

Best time in the category: 2:36:10

| 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 | 21:33 | 6:31 | 2 | 3:18 | 316 | 9:02 | 3.30 | 21:33 | 6:31 | 3 | 3:18 | 353 | 8:58 |
| Schlüsie | 3.10 | 25:36 | 8:15 | 3 | 4:47 | 370 | 12:14 | 6.40 | 47:09 | 7:22 | 3 | 8:05 | 353 | 21:09 |
| Hermannsklippe | 2.60 | 25:15 | 9:42 | 3 | 6:45 | 377 | 13:42 | 9.00 | 1:12:24 | 8:02 | 3 | 14:50 | 353 | 34:44 |
| Brocken | 3.10 | 44:27 | 14:20 | 5 | 14:10 | 392 | 26:26 | 12.10 | 1:56:51 | 9:39 | 3 | 29:00 | 353 | 1:00:47 |
| Eiserner Handwe | 3.60 | 22:02 | 6:07 | 3 | 4:00 | 302 | 9:59 | 15.70 | 2:18:53 | 8:50 | 3 | 33:00 | 351 | 1:10:43 |
| Schlüsie | 4.10 | 21:35 | 5:15 | 3 | 4:08 | 302 | 10:37 | 19.80 | 2:40:28 | 8:06 | 3 | 37:08 | 353 | 1:21:20 |
| Loddenke | 3.10 | 18:16 | 5:53 | 3 | 3:07 | 316 | 8:52 | 22.90 | 2:58:44 | 7:48 | 3 | 40:15 | 353 | 1:30:12 |
| Ilseburg/Markt | 3.30 | 20:30 | 6:12 | 4 | 2:49 | 329 | 9:59 | 26.20 | 3:19:14 | 7:36 | 3 | 43:04 | 353 | 1:40:11 |