



43. Brockenlauf
Ilseburg / 07.09.2013

Detailed evaluation

Kanzok, Rudolf

Club: pingpank.de
Number: 95

Course: 26.20 km
26,2 km - Lauf

Category:
Senioren M70 (70-74 Jahre)

Total time: 3:19:32

Speed: 7.82 km/h
Running performance: 7:37 min/km

Rank in course/Total: 402 (of 456)

Rank in course/Men: 354 (of 399)

Best time in course: 1:39:03

Rank in category: 4(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	24:05	7:17	4	5:50	387	11:34	3.30	24:05	7:17	4	5:50	354	11:30
Schlüsie	3.10	26:31	8:33	4	5:42	382	13:09	6.40	50:36	7:54	4	11:32	354	24:36
Hermannsklippe	2.60	26:32	10:12	5	8:02	387	14:59	9.00	1:17:08	8:34	4	19:34	354	39:28
Brocken	3.10	35:53	11:34	2	5:36	312	17:52	12.10	1:53:01	9:20	4	25:10	354	56:57
Eiserner Handwe	3.60	26:23	7:19	4	8:21	370	14:20	15.70	2:19:24	8:52	4	33:31	354	1:11:14
Schlüsie	4.10	22:22	5:27	4	4:55	327	11:24	19.80	2:41:46	8:10	4	38:26	354	1:22:38
Loddenke	3.10	18:51	6:04	4	3:42	333	9:27	22.90	3:00:37	7:53	4	42:08	354	1:32:05
Ilseburg/Markt	3.30	18:55	5:43	2	1:14	280	8:24	26.20	3:19:32	7:36	4	43:22	354	1:40:29