



43. Brockenlauf

Ilseburg / 07.09.2013

Detailed evaluation

Schäper, Jörg

Club: Gaensefurther Sportbewegung
Number: 189

Course: 26.20 km
26,2 km - Lauf

Category:
Senioren M40 (40-44 Jahre)

Total time: 3:20:27

Speed: 7.78 km/h
Running performance: 7:39 min/km

Rank in course/Total: 406 (of 456)

Rank in course/Men: 358 (of 399)

Best time in course: 1:39:03

Rank in category: 53(of 55)

Best time in the category: 1:50:22

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	20:34	6:13	50	7:11	274	8:03	3.30	20:34	6:13	26	2:19	254	7:59
Schlüsie	3.10	21:25	6:54	45	6:58	237	8:03	6.40	41:59	6:33	26	3:07	358	15:59
Hermannsklippe	2.60	20:23	7:50	48	7:23	270	8:50	9.00	1:02:22	6:55	26	4:47	358	24:42
Brocken	3.10	34:14	11:02	48	13:56	287	16:13	12.10	1:36:36	7:59	26	2:40	358	40:32
Eiserner Handwe	3.60	40:01	11:06	55	26:43	398	27:58	15.70	2:16:37	8:42	26	23:34	358	1:08:27
Schlüsie	4.10	23:13	5:39	53	10:51	338	12:15	19.80	2:39:50	8:04	26	28:08	358	1:20:42
Loddenke	3.10	18:49	6:04	50	8:17	332	9:25	22.90	2:58:39	7:48	26	31:58	358	1:30:07
Ilseburg/Markt	3.30	21:48	6:36	52	9:41	350	11:17	26.20	3:20:27	7:39	53	1:30:05	358	1:41:24