



43. Brockenlauf  
Ilseburg / 07.09.2013

Detailed evaluation

Herden, Wolfgang

Club: Post SV Lehrte  
Number: 456

Course: 26.20 km  
26,2 km - Lauf

Category:  
Senioren M75 (75 und älter)

Total time: 3:20:40

Speed: 7.77 km/h  
Running performance: 7:40 min/km

Rank in course/Total: 407 (of 456)

Rank in course/Men: 359 (of 399)

Best time in course: 1:39:03

Rank in category: 3(of 4)

Best time in the category: 2:25:46

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	23:18	7:03	3	5:19	376	10:47	3.30	23:18	7:03	3	5:19	359	10:43
Schlüsie	3.10	24:39	7:57	2	4:11	350	11:17	6.40	47:57	7:29	3	9:30	359	21:57
Hermannsklippe	2.60	23:39	9:05	3	5:55	358	12:06	9.00	1:11:36	7:57	3	15:25	359	33:56
Brocken	3.10	38:36	12:27	3	10:11	357	20:35	12.10	1:50:12	9:06	3	25:36	359	54:08
Eiserner Handwe	3.60	24:03	6:40	3	7:55	343	12:00	15.70	2:14:15	8:33	3	33:31	359	1:06:05
Schlüsie	4.10	23:16	5:40	3	7:19	339	12:18	19.80	2:37:31	7:57	3	40:50	359	1:18:23
Loddenke	3.10	20:23	6:34	4	6:47	361	10:59	22.90	2:57:54	7:46	3	47:37	359	1:29:22
Ilseburg/Markt	3.30	22:46	6:53	4	7:17	362	12:15	26.20	3:20:40	7:39	3	54:54	359	1:41:37