



43. Brockenlauf
Ilseburg / 07.09.2013

Detailed evaluation

Spoerer, Juergen

Club: Stapelburg
Number: 399

Course: 26.20 km
26,2 km - Lauf

Category:
Senioren M65 (65-69 Jahre)

Total time: 3:21:52

Speed: 7.73 km/h
Running performance: 7:42 min/km

Rank in course/Total: 411 (of 456)

Rank in course/Men: 362 (of 399)

Best time in course: 1:39:03

Rank in category: 10(of 10)

Best time in the category: 2:29:26

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	22:49	6:54	9	5:04	359	10:18	3.30	22:49	6:54	10	5:04	363	10:14
Schlüsie	3.10	26:27	8:31	10	7:16	381	13:05	6.40	49:16	7:41	10	12:20	352	23:16
Hermannsklippe	2.60	24:22	9:22	10	7:28	367	12:49	9.00	1:13:38	8:10	10	19:48	363	35:58
Brocken	3.10	41:03	13:14	10	12:38	380	23:02	12.10	1:54:41	9:28	10	32:26	363	58:37
Eiserner Handwe	3.60	22:12	6:09	6	4:59	305	10:09	15.70	2:16:53	8:43	10	37:25	363	1:08:43
Schlüsie	4.10	22:35	5:30	8	4:22	331	11:37	19.80	2:39:28	8:03	10	41:41	363	1:20:20
Loddenke	3.10	20:33	6:37	10	6:12	365	11:09	22.90	3:00:01	7:51	10	47:24	352	1:31:29
Ilseburg/Markt	3.30	21:51	6:37	7	5:02	354	11:20	26.20	3:21:52	7:42	10	52:26	362	1:42:49