



43. Brockenlauf
Ilseburg / 07.09.2013

Detailed evaluation

Klauß, Lutz

Club: Gaensefurther Sportbewegung
Number: 217

Course: 26.20 km
26,2 km - Lauf

Category:
Senioren M55 (55-59 Jahre)

Total time: 3:24:39

Speed: 7.62 km/h
Running performance: 7:49 min/km

Rank in course/Total: 419 (of 456)

Rank in course/Men: 367 (of 399)

Best time in course: 1:39:03

Rank in category: 26(of 30)

Best time in the category: 2:11:15

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	21:51	6:37	23	5:54	327	9:20	3.30	21:51	6:37	6	1:10	331	9:16
Schlüsie	3.10	24:47	7:59	25	7:55	354	11:25	6.40	46:38	7:17	6	2:33	368	20:38
Hermannsklippe	2.60	23:52	9:10	24	8:40	359	12:19	9.00	1:10:30	7:49	6	4:29	368	32:50
Brocken	3.10	40:50	13:10	26	14:40	377	22:49	12.10	1:51:20	9:12	6	10:39	368	55:16
Eiserner Handwe	3.60	24:29	6:48	24	8:55	348	12:26	15.70	2:15:49	8:39	6	15:24	368	1:07:39
Schlüsie	4.10	23:17	5:40	24	8:14	340	12:19	19.80	2:39:06	8:02	6	19:34	368	1:19:58
Loddenke	3.10	22:15	7:10	28	9:32	381	12:51	22.90	3:01:21	7:55	6	25:44	368	1:32:49
Ilseburg/Markt	3.30	23:18	7:03	24	9:34	367	12:47	26.20	3:24:39	7:48	26	1:13:24	367	1:45:36