



43. Brockenlauf
Ilseburg / 07.09.2013

Detailed evaluation

Lehmann, Wolf-Dieter

Club: Rennsteiglaufverein
Number: 103

Course: 26.20 km
26,2 km - Lauf

Category:
Senioren M60 (60-64 Jahre)

Total time: 3:24:40

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

Rank in course/Total: 420 (of 456)

Rank in course/Men: 369 (of 399)

Best time in course: 1:39:03

Rank in category: 19(of 20)

Best time in the category: 2:22:49

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	23:13	7:02	18	6:27	371	10:42	3.30	23:13	7:02	3	2:11	361	10:38
Schlüsie	3.10	26:10	8:26	19	7:12	377	12:48	6.40	49:23	7:42	3	4:48	369	23:23
Hermannsklippe	2.60	25:31	9:48	20	8:22	382	13:58	9.00	1:14:54	8:19	3	8:04	369	37:14
Brocken	3.10	41:43	13:27	20	13:45	382	23:42	12.10	1:56:37	9:38	3	12:37	369	1:00:33
Eiserner Handwe	3.60	24:38	6:50	17	8:05	352	12:35	15.70	2:21:15	8:59	3	14:29	369	1:13:05
Schlüsie	4.10	23:26	5:42	17	7:13	342	12:28	19.80	2:44:41	8:19	3	17:23	369	1:25:33
Loddenke	3.10	19:33	6:18	17	5:48	350	10:09	22.90	3:04:14	8:02	3	20:27	369	1:35:42
Ilseburg/Markt	3.30	20:26	6:11	18	4:59	326	9:55	26.20	3:24:40	7:48	19	1:01:51	369	1:45:37