



43. Brockenlauf
Ilseburg / 07.09.2013

Detailed evaluation

Thom, Niels

Club: Berlin
Number: 74

Course: 26.20 km
26,2 km - Lauf

Category:
Senioren M50 (50-54 Jahre)

Total time: 3:25:49

Speed: 7.58 km/h
Running performance: 7:52 min/km

Rank in course/Total: 421 (of 456)

Rank in course/Men: 370 (of 399)

Best time in course: 1:39:03

Rank in category: 59(of 63)

Best time in the category: 2:02:34

Intermediate times

Stage score

Total ranking

Control	Split		Pos	Behind	Pos		Total	Total	Total	Pos	Behind	Pos	Behind	
	km	Time			min/km	Cat.								Cat.
Loddenke	3.30	22:08	6:42	52	7:20	334	9:37	3.30	22:08	6:42	14	1:28	264	9:33
Schlüsie	3.10	25:44	8:18	59	9:23	374	12:22	6.40	47:52	7:28	28	3:32	370	21:52
Hermannsklippe	2.60	24:04	9:15	55	9:47	362	12:31	9.00	1:11:56	7:59	28	4:29	352	34:16
Brocken	3.10	37:13	12:00	50	14:18	339	19:12	12.10	1:49:09	9:01	28	3:22	370	53:05
Eiserner Handwe	3.60	27:30	7:38	60	12:47	381	15:27	15.70	2:16:39	8:42	28	10:17	370	1:08:29
Schlüsie	4.10	27:34	6:43	61	13:50	384	16:36	19.80	2:44:13	8:17	28	16:21	370	1:25:05
Loddenke	3.10	20:48	6:42	60	9:03	371	11:24	22.90	3:05:01	8:04	28	20:04	370	1:36:29
Ilseburg/Markt	3.30	20:48	6:18	53	7:40	334	10:17	26.20	3:25:49	7:51	59	1:23:15	370	1:46:46