



43. Brockenlauf
Ilseburg / 07.09.2013

Detailed evaluation

Krebs, Sven

Club: NIX tun kann JEDER
Number: 360

Course: 26.20 km
26,2 km - Lauf

Category:
Senioren M45 (45-49 Jahre)

Total time: 3:26:00

Speed: 7.57 km/h
Running performance: 7:52 min/km

Rank in course/Total: 422 (of 456)

Rank in course/Men: 371 (of 399)

Best time in course: 1:39:03

Rank in category: 90(of 99)

Best time in the category: 2:00:26

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	21:05	6:23	73	6:53	298	8:34	3.30	21:05	6:23	36		238	8:30
Schlüsie	3.10	24:01	7:44	84	7:57	333	10:39	6.40	45:06	7:02	36		371	19:06
Hermannsklippe	2.60	22:36	8:41	84	8:21	334	11:03	9.00	1:07:42	7:31	36	1:06	371	30:02
Brocken	3.10	38:47	12:30	90	16:09	363	20:46	12.10	1:46:29	8:48	36	8:30	371	50:25
Eiserner Handwe	3.60	25:33	7:05	86	11:10	361	13:30	15.70	2:12:02	8:24	36	11:46	371	1:03:52
Schlüsie	4.10	25:02	6:06	87	11:02	366	14:04	19.80	2:37:04	7:55	36	17:10	350	1:17:56
Loddenke	3.10	24:18	7:50	97	13:09	393	14:54	22.90	3:01:22	7:55	36	26:43	371	1:32:50
Ilseburg/Markt	3.30	24:38	7:27	93	12:31	379	14:07	26.20	3:26:00	7:51	90	1:25:34	371	1:46:57