



43. Brockenlauf  
Ilseburg / 07.09.2013

Detailed evaluation

**Bokelmann, Boki**

Club: SG Hillerse  
Number: 151

Course: 26.20 km  
26,2 km - Lauf

Category:  
Senioren M55 (55-59 Jahre)

Total time: 3:26:21

Speed: 7.56 km/h  
Running performance: 7:53 min/km

Rank in course/Total: 423 (of 456)

Rank in course/Men: 372 (of 399)

Best time in course: 1:39:03

Rank in category: 27(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	23:15	7:02	29	7:18	374	10:44	3.30	23:15	7:02	5	2:34	372	10:40
Schlüsie	3.10	25:33	8:14	27	8:41	369	12:11	6.40	48:48	7:37	5	4:43	372	22:48
Hermannsklippe	2.60	24:59	9:36	27	9:47	375	13:26	9.00	1:13:47	8:11	5	7:46	372	36:07
Brocken	3.10	40:56	13:12	28	14:46	379	22:55	12.10	1:54:43	9:28	5	14:02	372	58:39
Eiserner Handwe	3.60	27:28	7:37	27	11:54	380	15:25	15.70	2:22:11	9:03	5	21:46	372	1:14:01
Schlüsie	4.10	21:25	5:13	19	6:22	300	10:27	19.80	2:43:36	8:15	5	24:04	372	1:24:28
Loddenke	3.10	18:37	6:00	22	5:54	327	9:13	22.90	3:02:13	7:57	5	26:36	372	1:33:41
Ilseburg/Markt	3.30	24:08	7:18	28	10:24	376	13:37	26.20	3:26:21	7:52	27	1:15:06	372	1:47:18