



43. Brockenlauf
Ilseburg / 07.09.2013

Detailed evaluation

Burgdorf, Jens

Club: Ritterhude
Number: 39

Course: 26.20 km
26,2 km - Lauf

Category:
Senioren M40 (40-44 Jahre)

Total time: 3:28:44

Speed: 7.47 km/h
Running performance: 7:58 min/km

Rank in course/Total: 430 (of 456)

Rank in course/Men: 377 (of 399)

Best time in course: 1:39:03

Rank in category: 54(of 55)

Best time in the category: 1:50:22

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	22:04	6:41	53	8:41	331	9:33	3.30	22:04	6:41	27	3:49	377	9:29
Schlüsie	3.10	25:40	8:16	54	11:13	373	12:18	6.40	47:44	7:27	27	8:52	310	21:44
Hermannsklippe	2.60	24:32	9:26	54	11:32	370	12:59	9.00	1:12:16	8:01	27	14:41	377	34:36
Brocken	3.10	42:25	13:40	55	22:07	385	24:24	12.10	1:54:41	9:28	27	20:45	363	58:37
Eiserner Handwe	3.60	25:22	7:02	53	12:04	359	13:19	15.70	2:20:03	8:55	27	27:00	377	1:11:53
Schlüsie	4.10	24:33	5:59	54	12:11	363	13:35	19.80	2:44:36	8:18	27	32:54	377	1:25:28
Loddenke	3.10	22:42	7:19	53	12:10	384	13:18	22.90	3:07:18	8:10	27	40:37	377	1:38:46
Ilseburg/Markt	3.30	21:26	6:29	50	9:19	345	10:55	26.20	3:28:44	7:58	54	1:38:22	377	1:49:41