



43. Brockenlauf
Ilseburg / 07.09.2013

Detailed evaluation

Fähsing, Ralf

Club: Rennsteiglaufverein
Number: 163

Course: 26.20 km
26,2 km - Lauf

Category:
Senioren M55 (55-59 Jahre)

Total time: 3:32:29

Speed: 7.34 km/h
Running performance: 8:07 min/km

Rank in course/Total: 432 (of 456)

Rank in course/Men: 378 (of 399)

Best time in course: 1:39:03

Rank in category: 28(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	23:13	7:02	28	7:16	371	10:42	3.30	23:13	7:02	4	2:32	361	10:38
Schlüsie	3.10	27:21	8:49	28	10:29	388	13:59	6.40	50:34	7:54	4	6:29	378	24:34
Hermannsklippe	2.60	26:49	10:18	28	11:37	388	15:16	9.00	1:17:23	8:35	4	11:22	378	39:43
Brocken	3.10	40:52	13:10	27	14:42	378	22:51	12.10	1:58:15	9:46	4	17:34	378	1:02:11
Eiserner Handwe	3.60	25:52	7:11	26	10:18	365	13:49	15.70	2:24:07	9:10	4	23:42	378	1:15:57
Schlüsie	4.10	25:48	6:17	28	10:45	376	14:50	19.80	2:49:55	8:34	4	30:23	378	1:30:47
Loddenke	3.10	20:46	6:41	25	8:03	370	11:22	22.90	3:10:41	8:19	4	35:04	378	1:42:09
Ilseburg/Markt	3.30	21:48	6:36	22	8:04	350	11:17	26.20	3:32:29	8:06	28	1:21:14	378	1:53:26