



43. Brockenlauf
Ilseburg / 07.09.2013

Detailed evaluation

Fender, Torsten

Club: Berlin
Number: 155

Course: 26.20 km
26,2 km - Lauf

Category:
Senioren M45 (45-49 Jahre)

Total time: 3:34:58

Speed: 7.26 km/h
Running performance: 8:12 min/km

Rank in course/Total: 436 (of 456)

Rank in course/Men: 382 (of 399)

Best time in course: 1:39:03

Rank in category: 94(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	21:20	6:27	76	7:08	306	8:49	3.30	21:20	6:27	32		382	8:45
Schlüsie	3.10	29:45	9:35	99	13:41	397	16:23	6.40	51:05	7:58	32	5:13	382	25:05
Hermannsklippe	2.60	28:05	10:48	98	13:50	394	16:32	9.00	1:19:10	8:47	29	12:34	382	41:30
Brocken	3.10	46:41	15:03	96	24:03	394	28:40	12.10	2:05:51	10:24	32	27:52	382	1:09:47
Eiserner Handwe	3.60	25:32	7:05	85	11:09	360	13:29	15.70	2:31:23	9:38	32	31:07	382	1:23:13
Schlüsie	4.10	23:59	5:50	83	9:59	351	13:01	19.80	2:55:22	8:51	32	35:28	382	1:36:14
Loddenke	3.10	18:53	6:05	84	7:44	336	9:29	22.90	3:14:15	8:28	32	39:36	382	1:45:43
Ilseburg/Markt	3.30	20:43	6:16	84	8:36	333	10:12	26.20	3:34:58	8:12	94	1:34:32	382	1:55:55