



43. Brockenlauf
Ilseburg / 07.09.2013

Detailed evaluation

Wermer, Thomas

Club: Team Hundebox.de
Number: 446

Course: 26.20 km
26,2 km - Lauf

Category:
Senioren M40 (40-44 Jahre)

Total time: 3:35:05

Speed: 7.25 km/h
Running performance: 8:13 min/km

Rank in course/Total: 437 (of 456)

Rank in course/Men: 383 (of 399)

Best time in course: 1:39:03

Rank in category: 55(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	23:33	7:08	55	10:10	381	11:02	3.30	23:33	7:08	28	5:18	383	10:58
Schlüsie	3.10	28:11	9:05	55	13:44	393	14:49	6.40	51:44	8:04	28	12:52	383	25:44
Hermannsklippe	2.60	25:06	9:39	55	12:06	376	13:33	9.00	1:16:50	8:32	28	19:15	383	39:10
Brocken	3.10	36:27	11:45	51	16:09	322	18:26	12.10	1:53:17	9:21	28	19:21	383	57:13
Eiserner Handwe	3.60	26:57	7:29	54	13:39	377	14:54	15.70	2:20:14	8:55	28	27:11	383	1:12:04
Schlüsie	4.10	29:04	7:05	55	16:42	392	18:06	19.80	2:49:18	8:33	28	37:36	381	1:30:10
Loddenke	3.10	23:12	7:29	54	12:40	387	13:48	22.90	3:12:30	8:24	28	45:49	383	1:43:58
Ilseburg/Markt	3.30	22:35	6:50	53	10:28	359	12:04	26.20	3:35:05	8:12	55	1:44:43	383	1:56:02