



43. Brockenlauf  
Ilseburg / 07.09.2013

Detailed evaluation

Langenfeld, Stefan

Club: SVG Salzgitter  
Number: 43

Course: 26.20 km  
26,2 km - Lauf

Category:  
Senioren M45 (45-49 Jahre)

Total time: 3:35:35

Speed: 7.24 km/h  
Running performance: 8:14 min/km

Rank in course/Total: 438 (of 456)

Rank in course/Men: 384 (of 399)

Best time in course: 1:39:03

Rank in category: 95(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	23:39	7:10	95	9:27	383	11:08	3.30	23:39	7:10	31	1:31	384	11:04
Schlüsie	3.10	25:06	8:05	88	9:02	360	11:44	6.40	48:45	7:37	31	2:53	384	22:45
Hermannsklippe	2.60	24:51	9:33	93	10:36	374	13:18	9.00	1:13:36	8:10	31	7:00	384	35:56
Brocken	3.10	40:38	13:06	93	18:00	376	22:37	12.10	1:54:14	9:26	31	16:15	384	58:10
Eiserner Handwe	3.60	26:11	7:16	89	11:48	367	14:08	15.70	2:20:25	8:56	31	20:09	384	1:12:15
Schlüsie	4.10	25:32	6:13	91	11:32	374	14:34	19.80	2:45:57	8:22	31	26:03	384	1:26:49
Loddenke	3.10	24:30	7:54	98	13:21	394	15:06	22.90	3:10:27	8:18	31	35:48	384	1:41:55
Ilseburg/Markt	3.30	25:08	7:36	95	13:01	383	14:37	26.20	3:35:35	8:13	95	1:35:09	384	1:56:32