



43. Brockenlauf
Ilseburg / 07.09.2013

Detailed evaluation

Just, Thomas

Club: Brockenlaufverein Ilseburg
Number: 42

Course: 26.20 km
26,2 km - Lauf

Category:
Senioren M50 (50-54 Jahre)

Total time: 3:42:04

Speed: 7.02 km/h
Running performance: 8:29 min/km

Rank in course/Total: 440 (of 456)

Rank in course/Men: 386 (of 399)

Best time in course: 1:39:03

Rank in category: 61(of 63)

Best time in the category: 2:02:34

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	24:16	7:21	61	9:28	390	11:45	3.30	24:16	7:21	30	3:36	386	11:41
Schlüsie	3.10	28:22	9:09	63	12:01	396	15:00	6.40	52:38	8:13	30	8:18	386	26:38
Hermannsklippe	2.60	27:41	10:38	62	13:24	391	16:08	9.00	1:20:19	8:55	30	12:52	386	42:39
Brocken	3.10	39:32	12:45	59	16:37	369	21:31	12.10	1:59:51	9:54	30	14:04	386	1:03:47
Eiserner Handwe	3.60	28:45	7:59	62	14:02	386	16:42	15.70	2:28:36	9:27	30	22:14	386	1:20:26
Schlüsie	4.10	24:57	6:05	57	11:13	364	13:59	19.80	2:53:33	8:45	30	25:41	386	1:34:25
Loddenke	3.10	23:50	7:41	63	12:05	392	14:26	22.90	3:17:23	8:37	30	32:26	386	1:48:51
Ilseburg/Markt	3.30	24:41	7:28	61	11:33	381	14:10	26.20	3:42:04	8:28	61	1:39:30	386	2:03:01