



43. Brockenlauf  
Ilseburg / 07.09.2013

Detailed evaluation

Lojo Menk, Andrés

Club: Dortmund  
Number: 956

Course: 26.20 km  
26,2 km - Wanderung

Category:  
Männer

Total time: 5:32:58

Speed: 4.69 km/h  
Running performance: 12:43 min/km

Rank in course/Total: 21 (of 23)

Rank in course/Men: 9 (of 10)

Best time in course: 3:40:58

Rank in category: 9(of 10)

Best time in the category: 3:40:58

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	36:23	11:01	10	8:20	10	8:20	3.30	36:23	11:01	9	8:17	9	8:17
Schlüsie	3.10	37:45	12:10	9	10:27	9	10:27	6.40	1:14:08	11:35	9	18:44	9	18:44
Hermannsklippe	2.60	34:52	13:24	9	12:14	9	12:14	9.00	1:49:00	12:06	9	30:58	9	30:58
Brocken	3.10	1:00:06	19:23	9	25:38	9	25:38	12.10	2:49:06	13:58	9	56:26	9	56:26
Eiserner Handwe	3.60	48:54	13:34	9	19:39	9	19:39	15.70	3:38:00	13:53	9	1:13:25	9	1:13:25
Schlüsie	4.10	52:00	12:40	9	25:17	9	25:17	19.80	4:30:00	13:38	9	1:36:05	9	1:36:05
Loddenke	3.10	33:44	10:52	10	10:53	10	10:53	22.90	5:03:44	13:15	9	1:46:56	9	1:46:56
Ilseburg/Markt	3.30	29:14	8:51	8	5:04	8	5:04	26.20	5:32:58	12:42	9	1:52:00	9	1:52:00