



43. Brockenlauf
Ilseburg / 07.09.2013

Detailed evaluation

Krause, Karl-Heinz

Club: erst laufen dann saufen
Number: 289

Course: 26.20 km
26,2 km - Lauf

Category:
Senioren M50 (50-54 Jahre)

Total time: 3:47:44

Speed: 6.85 km/h
Running performance: 8:41 min/km

Rank in course/Total: 442 (of 456)

Rank in course/Men: 387 (of 399)

Best time in course: 1:39:03

Rank in category: 62(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	26:24	8:00	63	11:36	396	13:53	3.30	26:24	8:00	31	5:44	387	13:49
Schlüsie	3.10	26:37	8:35	60	10:16	384	13:15	6.40	53:01	8:17	31	8:41	387	27:01
Hermannsklippe	2.60	28:14	10:51	63	13:57	395	16:41	9.00	1:21:15	9:01	31	13:48	387	43:35
Brocken	3.10	44:25	14:19	62	21:30	391	26:24	12.10	2:05:40	10:23	31	19:53	387	1:09:36
Eiserner Handwe	3.60	26:32	7:22	59	11:49	372	14:29	15.70	2:32:12	9:41	31	25:50	387	1:24:02
Schlüsie	4.10	28:38	6:59	63	14:54	390	17:40	19.80	3:00:50	9:07	31	32:58	387	1:41:42
Loddenke	3.10	18:57	6:06	55	7:12	339	9:33	22.90	3:19:47	8:43	31	34:50	387	1:51:15
Ilseburg/Markt	3.30	27:57	8:28	62	14:49	394	17:26	26.20	3:47:44	8:41	62	1:45:10	387	2:08:41