



43. Brockenlauf
Ilseburg / 07.09.2013

Detailed evaluation

Wittig, Rene

Club: Erst laufen dann saufen
Number: 495

Course: 26.20 km
26,2 km - Lauf

Category:
Senioren M30 (30-34 Jahre)

Total time: 3:48:00

Speed: 6.84 km/h
Running performance: 8:42 min/km

Rank in course/Total: 443 (of 456)

Rank in course/Men: 388 (of 399)

Best time in course: 1:39:03

Rank in category: 32(of 32)

Best time in the category: 1:39:03

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men	Total		Total		Total		Pos Cat.	Behind Cat.	Pos Men	Behind Men
								km	Time	min/km	Pos	Behind	Pos				
Loddenke	3.30	26:41	8:05	32	14:06	399	14:10	3.30	26:41	8:05	2	7:12	388	14:06			
Schlüsie	3.10	26:11	8:26	32	12:46	378	12:49	6.40	52:52	8:15	2	13:49	388	26:52			
Hermannsklippe	2.60	25:52	9:56	32	14:12	384	14:19	9.00	1:18:44	8:44	2	21:53	388	41:04			
Brocken	3.10	39:22	12:41	32	20:58	367	21:21	12.10	1:58:06	9:45	2	30:47	388	1:02:02			
Eiserner Handwe	3.60	29:29	8:11	32	17:23	388	17:26	15.70	2:27:35	9:24	2	41:02	388	1:19:25			
Schlüsie	4.10	33:15	8:06	32	22:17	398	22:17	19.80	3:00:50	9:07	2	55:55	387	1:41:42			
Loddenke	3.10	20:17	6:32	32	10:53	359	10:53	22.90	3:21:07	8:46	2	1:01:47	388	1:52:35			
Ilseburg/Markt	3.30	26:53	8:08	32	16:22	392	16:22	26.20	3:48:00	8:42	32	2:08:57	388	2:08:57			