



43. Brockenlauf
Ilseburg / 07.09.2013

Detailed evaluation

Reising, Marcel

Club: erst laufen dann saufen
Number: 287

Course: 26.20 km
26,2 km - Lauf

Category:
Senioren M45 (45-49 Jahre)

Total time: 3:48:04

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

Rank in course/Total: 445 (of 456)

Rank in course/Men: 389 (of 399)

Best time in course: 1:39:03

Rank in category: 96(of 99)

Best time in the category: 2:00:26

Intermediate times

Stage score

Total ranking

Control	Split		Pos	Behind	Stage score		Pos	Behind	Total			Pos	Behind	Pos	Behind
	km	Time			min/km	Cat.			Men	Men	km				
Loddenke	3.30	26:36	8:03	99	12:24	398	14:05	3.30	26:36	8:03	30	4:28	389	14:01	
Schlüsie	3.10	26:16	8:28	94	10:12	380	12:54	6.40	52:52	8:15	30	7:00	388	26:52	
Hermannsklippe	2.60	27:27	10:33	96	13:12	389	15:54	9.00	1:20:19	8:55	30	13:43	386	42:39	
Brocken	3.10	37:47	12:11	84	15:09	346	19:46	12.10	1:58:06	9:45	30	20:07	388	1:02:02	
Eiserner Handwe	3.60	29:29	8:11	95	15:06	388	17:26	15.70	2:27:35	9:24	30	27:19	388	1:19:25	
Schlüsie	4.10	33:14	8:06	99	19:14	397	22:16	19.80	3:00:49	9:07	30	40:55	389	1:41:41	
Loddenke	3.10	20:21	6:33	90	9:12	360	10:57	22.90	3:21:10	8:47	30	46:31	389	1:52:38	
Ilseburg/Markt	3.30	26:54	8:09	98	14:47	393	16:23	26.20	3:48:04	8:42	96	1:47:38	389	2:09:01	