



43. Brockenlauf
Ilseburg / 07.09.2013

Detailed evaluation

Seidel, Gunnar

Club: Skiclub Okker
Number: 416

Course: 26.20 km
26,2 km - Lauf

Category:
Senioren M50 (50-54 Jahre)

Total time: 3:48:33

Speed: 6.83 km/h
Running performance: 8:43 min/km

Rank in course/Total: 446 (of 456)

Rank in course/Men: 390 (of 399)

Best time in course: 1:39:03

Rank in category: 63(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	26:23	7:59	62	11:35	395	13:52	3.30	26:23	7:59	32	5:43	390	13:48
Schlüsie	3.10	27:24	8:50	62	11:03	390	14:02	6.40	53:47	8:24	32	9:27	390	27:47
Hermannsklippe	2.60	25:27	9:47	60	11:10	381	13:54	9.00	1:19:14	8:48	32	11:47	390	41:34
Brocken	3.10	38:05	12:17	54	15:10	352	20:04	12.10	1:57:19	9:41	32	11:32	390	1:01:15
Eiserner Handwe	3.60	31:18	8:41	63	16:35	394	19:15	15.70	2:28:37	9:27	32	22:15	390	1:20:27
Schlüsie	4.10	28:29	6:56	62	14:45	388	17:31	19.80	2:57:06	8:56	32	29:14	390	1:37:58
Loddenke	3.10	23:24	7:32	62	11:39	389	14:00	22.90	3:20:30	8:45	32	35:33	390	1:51:58
Ilseburg/Markt	3.30	28:03	8:30	63	14:55	395	17:32	26.20	3:48:33	8:43	63	1:45:59	390	2:09:30