



43. Brockenlauf  
Ilseburg / 07.09.2013

Detailed evaluation

Seidel, Antje

Number: 415

Course: 26.20 km  
26,2 km - Lauf

Category:  
Senioren M45 (45-49 Jahre)

Total time: 3:48:33

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

Rank in course/Total: 447 (of 456)

Rank in course/Men: 390 (of 399)

Best time in course: 1:39:03

Rank in category: 97(of 99)

Best time in the category: 2:00:26

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	98	12:12	396	13:53	3.30	26:24	8:00	29	4:16	387	13:49
Schlüsie	3.10	27:24	8:50	96	11:20	390	14:02	6.40	53:48	8:24	29	7:56	391	27:48
Hermannsklippe	2.60	25:22	9:45	94	11:07	379	13:49	9.00	1:19:10	8:47	29	12:34	382	41:30
Brocken	3.10	38:09	12:18	86	15:31	353	20:08	12.10	1:57:19	9:41	29	19:20	390	1:01:15
Eiserner Handwe	3.60	31:19	8:41	97	16:56	395	19:16	15.70	2:28:38	9:28	29	28:22	391	1:20:28
Schlüsie	4.10	28:25	6:55	96	14:25	387	17:27	19.80	2:57:03	8:56	29	37:09	391	1:37:55
Loddenke	3.10	23:24	7:32	96	12:15	389	14:00	22.90	3:20:27	8:45	29	45:48	391	1:51:55
Ilseburg/Markt	3.30	28:06	8:30	99	15:59	396	17:35	26.20	3:48:33	8:43	97	1:48:07	390	2:09:30