



43. Brockenlauf
Ilseburg / 07.09.2013

Detailed evaluation

Janke, Martin

Club: Braunlage
Number: 60

Course: 26.20 km
26,2 km - Lauf

Category:
Senioren M60 (60-64 Jahre)

Total time: 3:49:10

Speed: 6.81 km/h
Running performance: 8:45 min/km

Rank in course/Total: 449 (of 456)

Rank in course/Men: 393 (of 399)

Best time in course: 1:39:03

Rank in category: 20(of 20)

Best time in the category: 2:22:49

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	24:10	7:19	20	7:24	388	11:39	3.30	24:10	7:19	2	3:08	393	11:35
Schlüsie	3.10	26:53	8:40	20	7:55	385	13:31	6.40	51:03	7:58	2	6:28	393	25:03
Hermannsklippe	2.60	25:18	9:43	19	8:09	378	13:45	9.00	1:16:21	8:28	2	9:31	393	38:41
Brocken	3.10	39:49	12:50	18	11:51	371	21:48	12.10	1:56:10	9:36	2	12:10	393	1:00:06
Eiserner Handwe	3.60	27:46	7:42	20	11:13	384	15:43	15.70	2:23:56	9:10	2	17:10	393	1:15:46
Schlüsie	4.10	31:25	7:39	20	15:12	396	20:27	19.80	2:55:21	8:51	2	28:03	393	1:36:13
Loddenke	3.10	25:03	8:04	20	11:18	395	15:39	22.90	3:20:24	8:45	2	36:37	393	1:51:52
Ilseburg/Markt	3.30	28:46	8:43	20	13:19	398	18:15	26.20	3:49:10	8:44	20	1:26:21	393	2:10:07