



43. Brockenlauf  
Ilseburg / 07.09.2013

Detailed evaluation

Ryll, Emil

Club: Hettstedt  
Number: 304

Course: 26.20 km  
26,2 km - Lauf

Category:  
Senioren M70 (70-74 Jahre)

Total time: 3:53:08

Speed: 6.69 km/h  
Running performance: 8:54 min/km

Rank in course/Total: 451 (of 456)

Rank in course/Men: 394 (of 399)

Best time in course: 1:39:03

Rank in category: 5(of 6)

Best time in the category: 2:36:10

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	24:36	7:27	5	6:21	391	12:05	3.30	24:36	7:27	5	6:21	394	12:01
Schlüsie	3.10	27:11	8:46	5	6:22	387	13:49	6.40	51:47	8:05	5	12:43	394	25:47
Hermannsklippe	2.60	25:46	9:54	4	7:16	383	14:13	9.00	1:17:33	8:37	5	19:59	394	39:53
Brocken	3.10	42:36	13:44	4	12:19	386	24:35	12.10	2:00:09	9:55	5	32:18	394	1:04:05
Eiserner Handwe	3.60	26:36	7:23	5	8:34	375	14:33	15.70	2:26:45	9:20	5	40:52	394	1:18:35
Schlüsie	4.10	28:23	6:55	6	10:56	386	17:25	19.80	2:55:08	8:50	5	51:48	394	1:36:00
Loddenke	3.10	25:28	8:12	6	10:19	396	16:04	22.90	3:20:36	8:45	5	1:02:07	394	1:52:04
Ilseburg/Markt	3.30	32:32	9:51	6	14:51	399	22:01	26.20	3:53:08	8:53	5	1:16:58	394	2:14:05