



43. Brockenlauf
Ilseburg / 07.09.2013

Detailed evaluation

Wieczorek, Bernd

Club: Laufftreff Salzgitter
Number: 472

Course: 26.20 km
26,2 km - Lauf

Category:
Senioren M55 (55-59 Jahre)

Total time: 4:05:31

Speed: 6.35 km/h
Running performance: 9:22 min/km

Rank in course/Total: 455 (of 456)

Rank in course/Men: 398 (of 399)

Best time in course: 1:39:03

Rank in category: 30(of 30)

Best time in the category: 2:11:15

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	26:03	7:53	30	10:06	393	13:32	3.30	26:03	7:53	2	5:22	398	13:28
Schlüsie	3.10	30:12	9:44	30	13:20	399	16:50	6.40	56:15	8:47	2	12:10	398	30:15
Hermannsklippe	2.60	29:23	11:18	30	14:11	398	17:50	9.00	1:25:38	9:30	2	19:37	398	47:58
Brocken	3.10	43:43	14:06	30	17:33	390	25:42	12.10	2:09:21	10:41	2	28:40	398	1:13:17
Eiserner Handwe	3.60	30:21	8:25	29	14:47	390	18:18	15.70	2:39:42	10:10	2	39:17	398	1:31:32
Schlüsie	4.10	30:40	7:28	29	15:37	395	19:42	19.80	3:10:22	9:36	2	50:50	398	1:51:14
Loddenke	3.10	26:44	8:37	30	14:01	397	17:20	22.90	3:37:06	9:28	2	1:01:29	398	2:08:34
Ilseburg/Markt	3.30	28:25	8:36	30	14:41	397	17:54	26.20	4:05:31	9:22	30	1:54:16	398	2:26:28