



42. Brockenlauf

Ilseburg / 01.09.2012

Detailed evaluation

Weinholz, Dieter

Club: SV Brenkhausen/Bosseborn
Number: 419

Course: 26.20 km
Brockenlauf

Category:
Senioren M45 (45-49 Jahre)

Total time: 1:59:01

Speed: 13.11 km/h
Running performance: 4:32 min/km

Rank in course/Total: 12 (of 426)

Rank in course/Men: 12 (of 371)

Best time in course: 1:42:20

Rank in category: 1(of 77)

Best time in the category: 1:59:01

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	14:43	4:27	1	-	14	2:17	3.30	14:43	4:27	69		12	2:17
Schlüsie	3.10	16:25	5:17	2	0:01	21	2:59	6.40	31:08	4:51	69		12	5:16
Hermannsklippe	2.60	14:23	5:31	3	0:27	24	2:38	9.00	45:31	5:03	69		12	7:54
Brocken	3.10	21:55	7:04	1	-	13	3:49	12.10	1:07:26	5:34	69		12	11:43
Eiserner Handwe	3.60	14:23	3:59	2	0:23	18	2:25	15.70	1:21:49	5:12	69		12	13:26
Schlüsie	4.10	13:29	3:17	2	0:13	13	1:33	19.80	1:35:18	4:48	69		12	14:20
Loddenke	3.10	11:12	3:36	1	-	12	0:59	22.90	1:46:30	4:39	69		12	15:19
Ilseburg/Markt	3.30	12:31	3:47	1	-	13	1:22	26.20	1:59:01	4:32	1	-	12	16:41