



42. Brockenlauf
Ilseburg / 01.09.2012

Detailed evaluation

Bernhardt, Michael

Club: SV 1911 Traisa
Number: 95

Course: 26.20 km
Brockenlauf

Category:
Senioren M45 (45-49 Jahre)

Total time: 2:03:12

Speed: 12.66 km/h
Running performance: 4:42 min/km

Rank in course/Total: 24 (of 426)

Rank in course/Men: 24 (of 371)

Best time in course: 1:42:20

Rank in category: 4(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.	Stage score		Total ranking						
						Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men
Loddenke	3.30	15:26	4:40	7	0:43	37	3:00	3.30	15:26	4:40	56		24	3:00
Schlüsie	3.10	16:52	5:26	6	0:28	35	3:26	6.40	32:18	5:02	56		24	6:26
Hermannsklippe	2.60	14:46	5:40	5	0:50	35	3:01	9.00	47:04	5:13	56		24	9:27
Brocken	3.10	23:02	7:25	3	1:07	24	4:56	12.10	1:10:06	5:47	56		24	14:23
Eiserner Handwe	3.60	14:26	4:00	3	0:26	19	2:28	15.70	1:24:32	5:23	56		24	16:09
Schlüsie	4.10	13:48	3:21	3	0:32	21	1:52	19.80	1:38:20	4:57	56		24	17:22
Loddenke	3.10	11:48	3:48	7	0:36	32	1:35	22.90	1:50:08	4:48	56		24	18:57
Ilseburg/Markt	3.30	13:04	3:57	5	0:33	29	1:55	26.20	2:03:12	4:42	4	4:11	24	20:52