



42. Brockenlauf
Ilseburg / 01.09.2012

Detailed evaluation

Westphal, Jochen

Club: LG Elmshorn
Number: 254

Course: 26.20 km
Brockenlauf

Category:
Senioren M45 (45-49 Jahre)

Total time: 2:04:03

Speed: 12.58 km/h
Running performance: 4:44 min/km

Rank in course/Total: 26 (of 426)

Rank in course/Men: 26 (of 371)

Best time in course: 1:42:20

Rank in category: 6(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	15:02	4:33	3	0:19	23	2:36	3.30	15:02	4:33	54		26	2:36
Schlüsie	3.10	16:48	5:25	5	0:24	33	3:22	6.40	31:50	4:58	54		26	5:58
Hermannsklippe	2.60	14:57	5:44	7	1:01	42	3:12	9.00	46:47	5:11	54		26	9:10
Brocken	3.10	24:01	7:44	7	2:06	44	5:55	12.10	1:10:48	5:51	54		26	15:05
Eiserner Handwe	3.60	14:39	4:04	6	0:39	27	2:41	15.70	1:25:27	5:26	54		26	17:04
Schlüsie	4.10	13:57	3:24	4	0:41	27	2:01	19.80	1:39:24	5:01	54		26	18:26
Loddenke	3.10	11:42	3:46	5	0:30	25	1:29	22.90	1:51:06	4:51	54		26	19:55
Ilseburg/Markt	3.30	12:57	3:55	4	0:26	25	1:48	26.20	2:04:03	4:44	6	5:02	26	21:43