



42. Brockenlauf
Ilseburg / 01.09.2012

Detailed evaluation

Stenzel, Dierk

Club: Jogging-Group-Schöneberg
Number: 129

Course: 26.20 km
Brockenlauf

Category:
Senioren M50 (50-54 Jahre)

Total time: 2:05:19

Speed: 12.45 km/h
Running performance: 4:47 min/km

Rank in course/Total: 27 (of 426)

Rank in course/Men: 27 (of 371)

Best time in course: 1:42:20

Rank in category: 1(of 57)

Best time in the category: 2:05:19

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	16:05	4:52	3	0:27	54	3:39	3.30	16:05	4:52	44		27	3:39
Schlüsie	3.10	17:27	5:37	1	-	52	4:01	6.40	33:32	5:14	44		27	7:40
Hermannsklippe	2.60	15:00	5:46	1	-	45	3:15	9.00	48:32	5:23	44		27	10:55
Brocken	3.10	24:04	7:45	2	0:04	46	5:58	12.10	1:12:36	6:00	44		27	16:53
Eiserner Handwe	3.60	14:28	4:01	1	-	21	2:30	15.70	1:27:04	5:32	44		27	18:41
Schlüsie	4.10	13:47	3:21	2	0:09	20	1:51	19.80	1:40:51	5:05	44		27	19:53
Loddenke	3.10	11:32	3:43	1	-	20	1:19	22.90	1:52:23	4:54	44		27	21:12
Ilseburg/Markt	3.30	12:56	3:55	1	-	24	1:47	26.20	2:05:19	4:46	1	-	27	22:59