



42. Brockenlauf  
Ilseburg / 01.09.2012

Detailed evaluation

Muschinski, Steffen

Club: Doberschau  
Number: 303

Course: 26.20 km  
Brockenlauf

Category:  
Senioren M35 (35-39 Jahre)

Total time: 2:05:36

Speed: 12.42 km/h  
Running performance: 4:47 min/km

Rank in course/Total: 28 (of 426)

Rank in course/Men: 28 (of 371)

Best time in course: 1:42:20

Rank in category: 8(of 47)

Best time in the category: 1:49:50

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	16:21	4:57	17	2:45	67	3:55	3.30	16:21	4:57	9		28	3:55
Schlüsie	3.10	17:01	5:29	11	1:54	38	3:35	6.40	33:22	5:12	32		28	7:30
Hermannsklippe	2.60	14:41	5:38	9	1:43	31	2:56	9.00	48:03	5:20	32		28	10:26
Brocken	3.10	22:07	7:08	5	2:23	15	4:01	12.10	1:10:10	5:47	32		28	14:27
Eiserner Handwe	3.60	15:23	4:16	12	2:31	47	3:25	15.70	1:25:33	5:26	32		28	17:10
Schlüsie	4.10	14:16	3:28	8	1:56	33	2:20	19.80	1:39:49	5:02	32		28	18:51
Loddenke	3.10	12:05	3:53	11	1:08	43	1:52	22.90	1:51:54	4:53	32		28	20:43
Ilseburg/Markt	3.30	13:42	4:09	12	1:51	57	2:33	26.20	2:05:36	4:47	8	15:46	28	23:16