



42. Brockenlauf Ilseburg / 01.09.2012

Detailed evaluation

Brandt, Sebastian

Club: Helpage / Jede Oma zaehlt
Number: 341

Course: 26.20 km
Brockenlauf

Category:
Senioren M30 (30-34 Jahre)

Total time: 2:06:20

Speed: 12.44 km/h
Running performance: 4:49 min/km

Rank in course/Total: 30 (of 426)

Rank in course/Men: 30 (of 371)

Best time in course: 1:42:20

Rank in category: 4(of 28)

Best time in the category: 1:53:46

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	16:56	5:07	9	2:49	100	4:30	3.30	16:56	5:07	26		30	4:30
Schlüsle	3.10	17:05	5:30	5	1:28	40	3:39	6.40	34:01	5:18	26		30	8:09
Hermannsklippe	2.60	14:43	5:39	5	1:11	33	2:58	9.00	48:44	5:24	26		30	11:07
Brocken	3.10	23:07	7:27	4	2:23	26	5:01	12.10	1:11:51	5:56	26		30	16:08
Eiserner Handwe	3.60	14:49	4:06	5	1:36	34	2:51	15.70	1:26:40	5:31	26		30	18:17
Schlüsle	4.10	14:19	3:29	6	1:39	34	2:23	19.80	1:40:59	5:06	26		30	20:01
Loddenke	3.10	11:47	3:48	6	0:56	31	1:34	22.90	1:52:46	4:55	26		30	21:35
Ilseburg/Markt	3.30	13:34	4:06	7	1:42	46	2:25	26.20	2:06:20	4:49	4	12:34	30	24:00