



42. Brockenlauf
Ilseburg / 01.09.2012

Detailed evaluation

Plagge, Bernd

Club: Namban Rengo
Number: 116

Course: 26.20 km
Brockenlauf

Category:
Senioren M55 (55-59 Jahre)

Total time: 2:07:09

Speed: 12.27 km/h
Running performance: 4:51 min/km

Rank in course/Total: 36 (of 426)

Rank in course/Men: 36 (of 371)

Best time in course: 1:42:20

Rank in category: 1(of 26)

Best time in the category: 2:07:09

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	1	-	54	3:39	3.30	16:05	4:52	14		27	3:39
Schlüsie	3.10	17:21	5:35	1	-	48	3:55	6.40	33:26	5:13	14		36	7:34
Hermannsklippe	2.60	15:15	5:51	1	-	52	3:30	9.00	48:41	5:24	14		36	11:04
Brocken	3.10	24:58	8:03	2	0:08	67	6:52	12.10	1:13:39	6:05	14		36	17:56
Eiserner Handwe	3.60	14:57	4:09	1	-	37	2:59	15.70	1:28:36	5:38	14		36	20:13
Schlüsie	4.10	13:55	3:23	1	-	24	1:59	19.80	1:42:31	5:10	14		36	21:33
Loddenke	3.10	11:31	3:42	1	-	18	1:18	22.90	1:54:02	4:58	14		36	22:51
Ilseburg/Markt	3.30	13:07	3:58	1	-	31	1:58	26.20	2:07:09	4:51	1	-	36	24:49