



42. Brockenlauf
Ilseburg / 01.09.2012

Detailed evaluation

Thies, Raphael

Club: Göttingen
Number: 163

Course: 26.20 km
Brockenlauf

Category:
Senioren M35 (35-39 Jahre)

Total time: 2:08:15

Speed: 12.16 km/h
Running performance: 4:54 min/km

Rank in course/Total: 42 (of 426)

Rank in course/Men: 42 (of 371)

Best time in course: 1:42:20

Rank in category: 11(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	16:56	5:07	20	3:20	100	4:30	3.30	16:56	5:07	35		30	4:30
Schlüsie	3.10	17:32	5:39	13	2:25	59	4:06	6.40	34:28	5:23	35		42	8:36
Hermannsklippe	2.60	14:48	5:41	11	1:50	39	3:03	9.00	49:16	5:28	35		42	11:39
Brocken	3.10	22:32	7:16	7	2:48	18	4:26	12.10	1:11:48	5:56	35		42	16:05
Eiserner Handwe	3.60	15:25	4:16	13	2:33	48	3:27	15.70	1:27:13	5:33	35		42	18:50
Schlüsie	4.10	14:49	3:36	13	2:29	56	2:53	19.80	1:42:02	5:09	35		42	21:04
Loddenke	3.10	12:08	3:54	12	1:11	44	1:55	22.90	1:54:10	4:59	35		42	22:59
Ilseburg/Markt	3.30	14:05	4:16	21	2:14	85	2:56	26.20	2:08:15	4:53	11	18:25	42	25:55