



42. Brockenlauf  
Ilseburg / 01.09.2012

Detailed evaluation

Löhne, Ingolf

Club: TSV Geräteturnen Dresden  
Number: 406

Course: 26.20 km  
Brockenlauf

Category:  
Senioren M45 (45-49 Jahre)

Total time: 2:08:29

Speed: 12.14 km/h  
Running performance: 4:54 min/km

Rank in course/Total: 43 (of 426)

Rank in course/Men: 43 (of 371)

Best time in course: 1:42:20

Rank in category: 8(of 77)

Best time in the category: 1:59:01

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	15:33	4:42	8	0:50	38	3:07	3.30	15:33	4:42	52		20	3:07
Schlüsie	3.10	17:15	5:33	9	0:51	44	3:49	6.40	32:48	5:07	52		43	6:56
Hermannsklippe	2.60	15:17	5:52	11	1:21	53	3:32	9.00	48:05	5:20	52		43	10:28
Brocken	3.10	24:38	7:56	9	2:43	62	6:32	12.10	1:12:43	6:00	40		43	17:00
Eiserner Handwe	3.60	14:35	4:03	5	0:35	25	2:37	15.70	1:27:18	5:33	52		43	18:55
Schlüsie	4.10	14:21	3:30	7	1:05	35	2:25	19.80	1:41:39	5:08	52		43	20:41
Loddenke	3.10	12:30	4:01	14	1:18	61	2:17	22.90	1:54:09	4:59	52		43	22:58
Ilseburg/Markt	3.30	14:20	4:20	20	1:49	100	3:11	26.20	2:08:29	4:54	8	9:28	43	26:09