



42. Brockenlauf
Ilseburg / 01.09.2012

Detailed evaluation

Heermann, Hans-Joachim

Club: SC-Lüchow
Number: 413

Course: 26.20 km
Brockenlauf

Category:
Senioren M45 (45-49 Jahre)

Total time: 2:08:37

Speed: 12.13 km/h
Running performance: 4:55 min/km

Rank in course/Total: 44 (of 426)

Rank in course/Men: 44 (of 371)

Best time in course: 1:42:20

Rank in category: 9(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	15:39	4:44	9	0:56	42	3:13	3.30	15:39	4:44	51		44	3:13
Schlüsie	3.10	17:11	5:32	8	0:47	42	3:45	6.40	32:50	5:07	51		33	6:58
Hermannsklippe	2.60	14:57	5:44	7	1:01	42	3:12	9.00	47:47	5:18	51		44	10:10
Brocken	3.10	24:18	7:50	8	2:23	51	6:12	12.10	1:12:05	5:57	51		44	16:22
Eiserner Handwe	3.60	15:43	4:21	11	1:43	57	3:45	15.70	1:27:48	5:35	51		44	19:25
Schlüsie	4.10	15:43	3:50	21	2:27	97	3:47	19.80	1:43:31	5:13	51		44	22:33
Loddenke	3.10	12:13	3:56	10	1:01	49	2:00	22.90	1:55:44	5:03	51		44	24:33
Ilseburg/Markt	3.30	12:53	3:54	3	0:22	22	1:44	26.20	2:08:37	4:54	9	9:36	44	26:17