



42. Brockenlauf
Ilseburg / 01.09.2012

Detailed evaluation

König, Nils

Club: ESV Eintracht Hameln
Number: 248

Course: 26.20 km
Brockenlauf

Category:
Senioren M35 (35-39 Jahre)

Total time: 2:09:24

Speed: 12.06 km/h
Running performance: 4:56 min/km

Rank in course/Total: 46 (of 426)

Rank in course/Men: 45 (of 371)

Best time in course: 1:42:20

Rank in category: 12(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	15:40	4:44	12	2:04	43	3:14	3.30	15:40	4:44	36		45	3:14
Schlüsie	3.10	17:29	5:38	12	2:22	55	4:03	6.40	33:09	5:10	36		45	7:17
Hermannsklippe	2.60	14:59	5:45	12	2:01	44	3:14	9.00	48:08	5:20	36		45	10:31
Brocken	3.10	23:48	7:40	11	4:04	39	5:42	12.10	1:11:56	5:56	36		45	16:13
Eiserner Handwe	3.60	16:16	4:31	19	3:24	86	4:18	15.70	1:28:12	5:37	36		45	19:49
Schlüsie	4.10	15:56	3:53	21	3:36	109	4:00	19.80	1:44:08	5:15	36		45	23:10
Loddenke	3.10	11:50	3:49	7	0:53	33	1:37	22.90	1:55:58	5:03	36		45	24:47
Ilseburg/Markt	3.30	13:26	4:04	9	1:35	41	2:17	26.20	2:09:24	4:56	12	19:34	45	27:04