



42. Brockenlauf
Ilseburg / 01.09.2012

Detailed evaluation

Borchert, Fred

Club: SV Langenstein
Number: 304

Course: 26.20 km
Brockenlauf

Category:
Senioren M45 (45-49 Jahre)

Total time: 2:10:02

Speed: 12.00 km/h
Running performance: 4:58 min/km

Rank in course/Total: 48 (of 426)

Rank in course/Men: 47 (of 371)

Best time in course: 1:42:20

Rank in category: 10(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	16:47	5:05	21	2:04	91	4:21	3.30	16:47	5:05	40		47	4:21
Schlüsie	3.10	17:10	5:32	7	0:46	41	3:44	6.40	33:57	5:18	40		47	8:05
Hermannsklippe	2.60	14:47	5:41	6	0:51	38	3:02	9.00	48:44	5:24	40		30	11:07
Brocken	3.10	23:59	7:44	6	2:04	42	5:53	12.10	1:12:43	6:00	40		43	17:00
Eiserner Handwe	3.60	15:58	4:26	17	1:58	71	4:00	15.70	1:28:41	5:38	40		47	20:18
Schlüsie	4.10	15:17	3:43	15	2:01	73	3:21	19.80	1:43:58	5:15	40		47	23:00
Loddenke	3.10	12:02	3:52	9	0:50	42	1:49	22.90	1:56:00	5:03	40		47	24:49
Ilseburg/Markt	3.30	14:02	4:15	18	1:31	82	2:53	26.20	2:10:02	4:57	10	11:01	47	27:42