



42. Brockenlauf
Ilseburg / 01.09.2012

Detailed evaluation

Raz, André

Club: Drübeck
Number: 346

Course: 26.20 km
Brockenlauf

Category:
Senioren M30 (30-34 Jahre)

Total time: 2:10:02

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

Rank in course/Total: 49 (of 426)

Rank in course/Men: 47 (of 371)

Best time in course: 1:42:20

Rank in category: 6(of 28)

Best time in the category: 1:53:46

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	17:12	5:12	12	3:05	118	4:46	3.30	17:12	5:12	24	0:11	48	4:46
Schlüsie	3.10	17:55	5:46	10	2:18	83	4:29	6.40	35:07	5:29	24		48	9:15
Hermannsklippe	2.60	15:14	5:51	6	1:42	50	3:29	9.00	50:21	5:35	24		48	12:44
Brocken	3.10	24:27	7:53	9	3:43	56	6:21	12.10	1:14:48	6:10	24		48	19:05
Eiserner Handwe	3.60	15:12	4:13	6	1:59	44	3:14	15.70	1:30:00	5:43	24		48	21:37
Schlüsie	4.10	14:25	3:30	7	1:45	39	2:29	19.80	1:44:25	5:16	24		48	23:27
Loddenke	3.10	12:08	3:54	7	1:17	44	1:55	22.90	1:56:33	5:05	24		48	25:22
Ilseburg/Markt	3.30	13:29	4:05	6	1:37	43	2:20	26.20	2:10:02	4:57	6	16:16	47	27:42