



42. Brockenlauf Ilseburg / 01.09.2012

Detailed evaluation

Kieß, Ronny

Club: Neuenhagen
Number: 262

Course: 26.20 km
Brockenlauf

Category:
Senioren M35 (35-39 Jahre)

Total time: 2:10:31

Speed: 12.04 km/h
Running performance: 4:59 min/km

Rank in course/Total: 55 (of 426)

Rank in course/Men: 54 (of 371)

Best time in course: 1:42:20

Rank in category: 15(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	15:23	4:39	8	1:47	28	2:57	3.30	15:23	4:39	39		55	2:57
Schlüsie	3.10	16:43	5:23	9	1:36	30	3:17	6.40	32:06	5:00	39		55	6:14
Hermannsklippe	2.60	15:00	5:46	13	2:02	45	3:15	9.00	47:06	5:14	39		55	9:29
Brocken	3.10	24:45	7:59	19	5:01	63	6:39	12.10	1:11:51	5:56	39		30	16:08
Eiserner Handwe	3.60	16:18	4:31	21	3:26	88	4:20	15.70	1:28:09	5:36	39		55	19:46
Schlüsie	4.10	15:54	3:52	20	3:34	106	3:58	19.80	1:44:03	5:15	39		55	23:05
Loddenke	3.10	12:27	4:00	15	1:30	59	2:14	22.90	1:56:30	5:05	39		55	25:19
Ilseburg/Markt	3.30	14:01	4:14	20	2:10	80	2:52	26.20	2:10:31	4:58	15	20:41	54	28:11