



42. Brockenlauf
Ilseburg / 01.09.2012

Detailed evaluation

Körner, Steffen

Club: Leipzig
Number: 266

Course: 26.20 km
Brockenlauf

Category:
Senioren M45 (45-49 Jahre)

Total time: 2:12:45

Speed: 11.75 km/h
Running performance: 5:04 min/km

Rank in course/Total: 67 (of 426)

Rank in course/Men: 65 (of 371)

Best time in course: 1:42:20

Rank in category: 12(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	17:27	5:17	25	2:44	126	5:01	3.30	17:27	5:17	48		65	5:01
Schlüsie	3.10	17:39	5:41	13	1:15	67	4:13	6.40	35:06	5:29	48		65	9:14
Hermannsklippe	2.60	15:14	5:51	10	1:18	50	3:29	9.00	50:20	5:35	48		64	12:43
Brocken	3.10	24:58	8:03	11	3:03	67	6:52	12.10	1:15:18	6:13	48		65	19:35
Eiserner Handwe	3.60	16:18	4:31	19	2:18	88	4:20	15.70	1:31:36	5:50	48		65	23:13
Schlüsie	4.10	15:25	3:45	17	2:09	79	3:29	19.80	1:47:01	5:24	48		65	26:03
Loddenke	3.10	12:21	3:59	11	1:09	55	2:08	22.90	1:59:22	5:12	48		65	28:11
Ilseburg/Markt	3.30	13:23	4:03	8	0:52	37	2:14	26.20	2:12:45	5:04	12	13:44	65	30:25