



42. Brockenlauf
Ilseburg / 01.09.2012

Detailed evaluation

Harbart, Bernd

Club: LG Wennigsen
Number: 187

Course: 26.20 km
Brockenlauf

Category:
Senioren M40 (40-44 Jahre)

Total time: 2:13:18

Speed: 11.70 km/h
Running performance: 5:05 min/km

Rank in course/Total: 70 (of 426)

Rank in course/Men: 68 (of 371)

Best time in course: 1:42:20

Rank in category: 11(of 58)

Best time in the category: 1:45:17

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	17:03	5:10	21	4:31	109	4:37	3.30	17:03	5:10	40		68	4:37
Schlüsie	3.10	18:24	5:56	17	4:18	107	4:58	6.40	35:27	5:32	40		68	9:35
Hermannsklippe	2.60	16:31	6:21	17	4:02	117	4:46	9.00	51:58	5:46	40		68	14:21
Brocken	3.10	25:37	8:15	9	5:38	81	7:31	12.10	1:17:35	6:24	40		68	21:52
Eiserner Handwe	3.60	15:35	4:19	8	3:37	54	3:37	15.70	1:33:10	5:56	40		68	24:47
Schlüsie	4.10	14:26	3:31	6	2:30	40	2:30	19.80	1:47:36	5:26	40		68	26:38
Loddenke	3.10	12:01	3:52	5	1:35	40	1:48	22.90	1:59:37	5:13	40		68	28:26
Ilseburg/Markt	3.30	13:41	4:08	9	1:55	55	2:32	26.20	2:13:18	5:05	11	28:01	68	30:58