



42. Brockenlauf
Ilseburg / 01.09.2012

Detailed evaluation

Richter, Frank

Club: TSV Kirchdorf
Number: 124

Course: 26.20 km
Brockenlauf

Category:
Senioren M45 (45-49 Jahre)

Total time: 2:13:41

Speed: 11.67 km/h
Running performance: 5:06 min/km

Rank in course/Total: 72 (of 426)

Rank in course/Men: 70 (of 371)

Best time in course: 1:42:20

Rank in category: 13(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	16:41	5:03	18	1:58	85	4:15	3.30	16:41	5:03	47		70	4:15
Schlüsie	3.10	17:45	5:43	14	1:21	73	4:19	6.40	34:26	5:22	47		70	8:34
Hermannsklippe	2.60	15:37	6:00	13	1:41	67	3:52	9.00	50:03	5:33	47		70	12:26
Brocken	3.10	26:39	8:35	25	4:44	114	8:33	12.10	1:16:42	6:20	47		70	20:59
Eiserner Handwe	3.60	15:01	4:10	9	1:01	41	3:03	15.70	1:31:43	5:50	47		70	23:20
Schlüsie	4.10	14:54	3:38	11	1:38	57	2:58	19.80	1:46:37	5:23	47		70	25:39
Loddenke	3.10	12:54	4:09	20	1:42	96	2:41	22.90	1:59:31	5:13	47		70	28:20
Ilseburg/Markt	3.30	14:10	4:17	19	1:39	90	3:01	26.20	2:13:41	5:06	13	14:40	70	31:21