



42. Brockenlauf  
Ilseburg / 01.09.2012

Detailed evaluation

Cabak, Guido

Club: OstwestExpress  
Number: 227

Course: 26.20 km  
Brockenlauf

Category:  
Senioren M30 (30-34 Jahre)

Total time: 2:13:50

Speed: 11.66 km/h  
Running performance: 5:07 min/km

Rank in course/Total: 73 (of 426)

Rank in course/Men: 71 (of 371)

Best time in course: 1:42:20

Rank in category: 8(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	16:03	4:51	5	1:56	52	3:37	3.30	16:03	4:51	22		71	3:37
Schlüsie	3.10	17:45	5:43	9	2:08	73	4:19	6.40	33:48	5:16	22		71	7:56
Hermannsklippe	2.60	15:38	6:00	9	2:06	69	3:53	9.00	49:26	5:29	22		71	11:49
Brocken	3.10	24:17	7:50	8	3:33	50	6:11	12.10	1:13:43	6:05	22		71	18:00
Eiserner Handwe	3.60	16:41	4:38	10	3:28	104	4:43	15.70	1:30:24	5:45	22		71	22:01
Schlüsie	4.10	15:58	3:53	11	3:18	112	4:02	19.80	1:46:22	5:22	22		71	25:24
Loddenke	3.10	13:19	4:17	11	2:28	128	3:06	22.90	1:59:41	5:13	22		71	28:30
Ilseburg/Markt	3.30	14:09	4:17	8	2:17	89	3:00	26.20	2:13:50	5:06	8	20:04	71	31:30