



42. Brockenlauf
Ilseburg / 01.09.2012

Detailed evaluation

Holland, Marcel

Club: WSV Benneckenstein
Number: 411

Course: 26.20 km
Brockenlauf

Category:
Senioren M30 (30-34 Jahre)

Total time: 2:14:07

Speed: 11.63 km/h
Running performance: 5:07 min/km

Rank in course/Total: 76 (of 426)

Rank in course/Men: 74 (of 371)

Best time in course: 1:42:20

Rank in category: 9(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	16:13	4:54	6	2:06	63	3:47	3.30	16:13	4:54	21		74	3:47
Schlüsie	3.10	17:30	5:38	7	1:53	57	4:04	6.40	33:43	5:16	21		74	7:51
Hermannsklippe	2.60	15:38	6:00	9	2:06	69	3:53	9.00	49:21	5:29	21		74	11:44
Brocken	3.10	25:51	8:20	12	5:07	86	7:45	12.10	1:15:12	6:12	21		74	19:29
Eiserner Handwe	3.60	16:27	4:34	9	3:14	95	4:29	15.70	1:31:39	5:50	21		74	23:16
Schlüsie	4.10	15:10	3:41	8	2:30	66	3:14	19.80	1:46:49	5:23	21		74	25:51
Loddenke	3.10	12:41	4:05	9	1:50	74	2:28	22.90	1:59:30	5:13	21		74	28:19
Ilseburg/Markt	3.30	14:37	4:25	10	2:45	119	3:28	26.20	2:14:07	5:07	9	20:21	74	31:47