



42. Brockenlauf
Ilseburg / 01.09.2012

Detailed evaluation

Heinrich, Uwe

Club: BSG Mecklenburgische Vers. Hannover
Number: 305

Course: 26.20 km
Brockenlauf

Category:
Senioren M55 (55-59 Jahre)

Total time: 2:14:48

Speed: 11.57 km/h
Running performance: 5:09 min/km

Rank in course/Total: 80 (of 426)

Rank in course/Men: 78 (of 371)

Best time in course: 1:42:20

Rank in category: 2(of 26)

Best time in the category: 2:07:09

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	16:12	4:54	2	0:07	62	3:46	3.30	16:12	4:54	26		78	3:46
Schlüsie	3.10	17:47	5:44	2	0:26	76	4:21	6.40	33:59	5:18	26		78	8:07
Hermannsklippe	2.60	15:50	6:05	2	0:35	80	4:05	9.00	49:49	5:32	26		78	12:12
Brocken	3.10	24:50	8:00	1	-	65	6:44	12.10	1:14:39	6:10	26		78	18:56
Eiserner Handwe	3.60	16:49	4:40	6	1:52	111	4:51	15.70	1:31:28	5:49	26		78	23:05
Schlüsie	4.10	16:43	4:04	9	2:48	153	4:47	19.80	1:48:11	5:27	26		78	27:13
Loddenke	3.10	13:14	4:16	4	1:43	120	3:01	22.90	2:01:25	5:18	26		78	30:14
Ilseburg/Markt	3.30	13:23	4:03	2	0:16	37	2:14	26.20	2:14:48	5:08	2	7:39	78	32:28