



42. Brockenlauf
Ilseburg / 01.09.2012

Detailed evaluation

Tschapka, Frank

Club: Team Erdinger Alkoholfrei
Number: 243

Course: 26.20 km
Brockenlauf

Category:
Senioren M40 (40-44 Jahre)

Total time: 2:15:04

Speed: 11.55 km/h
Running performance: 5:10 min/km

Rank in course/Total: 83 (of 426)

Rank in course/Men: 81 (of 371)

Best time in course: 1:42:20

Rank in category: 13(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	16:10	4:53	9	3:38	58	3:44	3.30	16:10	4:53	42		81	3:44
Schlüsie	3.10	17:29	5:38	9	3:23	55	4:03	6.40	33:39	5:15	42		81	7:47
Hermannsklippe	2.60	15:25	5:55	7	2:56	55	3:40	9.00	49:04	5:27	42		81	11:27
Brocken	3.10	23:37	7:37	4	3:38	38	5:31	12.10	1:12:41	6:00	42		81	16:58
Eiserner Handwe	3.60	17:58	4:59	30	6:00	168	6:00	15.70	1:30:39	5:46	42		81	22:16
Schlüsie	4.10	17:00	4:08	25	5:04	169	5:04	19.80	1:47:39	5:26	42		81	26:41
Loddenke	3.10	13:00	4:11	19	2:34	108	2:47	22.90	2:00:39	5:16	42		81	29:28
Ilseburg/Markt	3.30	14:25	4:22	15	2:39	106	3:16	26.20	2:15:04	5:09	13	29:47	81	32:44