



42. Brockenlauf
Ilseburg / 01.09.2012

Detailed evaluation

Sternberg, Ulf

Club: HGL Wernigerode
Number: 239

Course: 26.20 km
Brockenlauf

Category:
Senioren M50 (50-54 Jahre)

Total time: 2:16:39

Speed: 11.42 km/h
Running performance: 5:13 min/km

Rank in course/Total: 96 (of 426)

Rank in course/Men: 94 (of 371)

Best time in course: 1:42:20

Rank in category: 7(of 57)

Best time in the category: 2:05:19

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	16:50	5:06	7	1:12	94	4:24	3.30	16:50	5:06	36		72	4:24
Schlüsie	3.10	18:34	5:59	13	1:07	114	5:08	6.40	35:24	5:31	36		94	9:32
Hermannsklippe	2.60	16:23	6:18	12	1:23	111	4:38	9.00	51:47	5:45	36		94	14:10
Brocken	3.10	26:09	8:26	8	2:09	98	8:03	12.10	1:17:56	6:26	36		94	22:13
Eiserner Handwe	3.60	16:07	4:28	8	1:39	77	4:09	15.70	1:34:03	5:59	36		90	25:40
Schlüsie	4.10	15:36	3:48	9	1:58	91	3:40	19.80	1:49:39	5:32	36		94	28:41
Loddenke	3.10	12:49	4:08	9	1:17	86	2:36	22.90	2:02:28	5:20	36		94	31:17
Ilseburg/Markt	3.30	14:11	4:17	11	1:15	91	3:02	26.20	2:16:39	5:12	7	11:20	94	34:19