



42. Brockenlauf
Ilseburg / 01.09.2012

Detailed evaluation

Rox, Andreas

Club: Ebersbach
Number: 391

Course: 26.20 km
Brockenlauf

Category:
Senioren M50 (50-54 Jahre)

Total time: 2:16:41

Speed: 11.41 km/h
Running performance: 5:13 min/km

Rank in course/Total: 97 (of 426)

Rank in course/Men: 95 (of 371)

Best time in course: 1:42:20

Rank in category: 8(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	17:25	5:16	14	1:47	124	4:59	3.30	17:25	5:16	8		95	4:59
Schlüsie	3.10	18:04	5:49	8	0:37	90	4:38	6.40	35:29	5:32	37		95	9:37
Hermannsklippe	2.60	15:49	6:04	6	0:49	79	4:04	9.00	51:18	5:41	37		95	13:41
Brocken	3.10	24:27	7:53	4	0:27	56	6:21	12.10	1:15:45	6:15	37		95	20:02
Eiserner Handwe	3.60	17:20	4:48	15	2:52	132	5:22	15.70	1:33:05	5:55	37		95	24:42
Schlüsie	4.10	16:11	3:56	11	2:33	122	4:15	19.80	1:49:16	5:31	37		95	28:18
Loddenke	3.10	13:07	4:13	15	1:35	114	2:54	22.90	2:02:23	5:20	37		95	31:12
Ilseburg/Markt	3.30	14:18	4:20	14	1:22	96	3:09	26.20	2:16:41	5:13	8	11:22	95	34:21