



42. Brockenlauf  
Ilseburg / 01.09.2012

Detailed evaluation

Fiebach, Norbert

Club: Wümme Express Rotenburg  
Number: 86

Course: 26.20 km  
Brockenlauf

Category:  
Senioren M45 (45-49 Jahre)

Total time: 2:17:37

Speed: 11.34 km/h  
Running performance: 5:15 min/km

Rank in course/Total: 103 (of 426)

Rank in course/Men: 100 (of 371)

Best time in course: 1:42:20

Rank in category: 20(of 77)

Best time in the category: 1:59:01

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	17:09	5:11	23	2:26	113	4:43	3.30	17:09	5:11	50		97	4:43
Schlüsie	3.10	17:46	5:43	15	1:22	75	4:20	6.40	34:55	5:27	50		100	9:03
Hermannsklippe	2.60	15:34	5:59	12	1:38	62	3:49	9.00	50:29	5:36	50		100	12:52
Brocken	3.10	27:47	8:57	29	5:52	153	9:41	12.10	1:18:16	6:28	50		100	22:33
Eiserner Handwe	3.60	16:45	4:39	22	2:45	106	4:47	15.70	1:35:01	6:03	50		100	26:38
Schlüsie	4.10	15:41	3:49	19	2:25	94	3:45	19.80	1:50:42	5:35	50		100	29:44
Loddenke	3.10	12:26	4:00	13	1:14	58	2:13	22.90	2:03:08	5:22	50		99	31:57
Ilseburg/Markt	3.30	14:29	4:23	22	1:58	109	3:20	26.20	2:17:37	5:15	20	18:36	100	35:17