



42. Brockenlauf
Ilseburg / 01.09.2012

Detailed evaluation

Hemstedt, Bernd

Club: Oschersleben
Number: 278

Course: 26.20 km
Brockenlauf

Category:
Senioren M40 (40-44 Jahre)

Total time: 2:17:41

Speed: 11.33 km/h
Running performance: 5:16 min/km

Rank in course/Total: 105 (of 426)

Rank in course/Men: 102 (of 371)

Best time in course: 1:42:20

Rank in category: 16(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.	Stage score		Total			Pos Cat.	Behind Cat.	Total ranking	
						Pos Men	Behind Men	Total km	Total Time	Total min/km			Pos Men	Behind Men
Loddenke	3.30	16:56	5:07	19	4:24	100	4:30	3.30	16:56	5:07	30		30	4:30
Schlüsie	3.10	17:44	5:43	12	3:38	71	4:18	6.40	34:40	5:24	30		102	8:48
Hermannsklippe	2.60	15:32	5:58	10	3:03	60	3:47	9.00	50:12	5:34	30		102	12:35
Brocken	3.10	24:48	8:00	7	4:49	64	6:42	12.10	1:15:00	6:11	30		102	19:17
Eiserner Handwe	3.60	17:21	4:49	20	5:23	133	5:23	15.70	1:32:21	5:52	30		102	23:58
Schlüsie	4.10	17:10	4:11	28	5:14	177	5:14	19.80	1:49:31	5:31	30		102	28:33
Loddenke	3.10	13:34	4:22	23	3:08	141	3:21	22.90	2:03:05	5:22	30		102	31:54
Ilseburg/Markt	3.30	14:36	4:25	20	2:50	118	3:27	26.20	2:17:41	5:15	16	32:24	102	35:21