



42. Brockenlauf  
Ilseburg / 01.09.2012

Detailed evaluation

**Bauer, Roland**

Club: Tübingen  
Number: 313

Course: 26.20 km  
Brockenlauf

Category:  
Senioren M45 (45-49 Jahre)

Total time: 2:18:00

Speed: 11.30 km/h  
Running performance: 5:16 min/km

Rank in course/Total: 107 (of 426)

Rank in course/Men: 104 (of 371)

Best time in course: 1:42:20

Rank in category: 21(of 77)

Best time in the category: 1:59:01

Intermediate times

Stage score

Total ranking

Control	Intermediate times					Stage score			Total ranking					
	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	16:26	4:58	14	1:43	76	4:00	3.30	16:26	4:58	77		82	4:00
Schlüsie	3.10	17:33	5:39	11	1:09	62	4:07	6.40	33:59	5:18	77		78	8:07
Hermannsklippe	2.60	15:10	5:49	9	1:14	48	3:25	9.00	49:09	5:27	77		104	11:32
Brocken	3.10	25:53	8:20	19	3:58	88	7:47	12.10	1:15:02	6:12	77		104	19:19
Eiserner Handwe	3.60	16:39	4:37	21	2:39	102	4:41	15.70	1:31:41	5:50	77		104	23:18
Schlüsie	4.10	15:42	3:49	20	2:26	95	3:46	19.80	1:47:23	5:25	77		104	26:25
Loddenke	3.10	13:42	4:25	31	2:30	151	3:29	22.90	2:01:05	5:17	77		104	29:54
Ilseburg/Markt	3.30	16:55	5:07	61	4:24	265	5:46	26.20	2:18:00	5:16	21	18:59	104	35:40