



42. Brockenlauf
Ilseburg / 01.09.2012

Detailed evaluation

Hertel, Frank-Michael

Club: Volkssport Eisenhüttenstadt
Number: 132

Course: 26.20 km
Brockenlauf

Category:
Senioren M50 (50-54 Jahre)

Total time: 2:18:16

Speed: 11.28 km/h
Running performance: 5:17 min/km

Rank in course/Total: 110 (of 426)

Rank in course/Men: 106 (of 371)

Best time in course: 1:42:20

Rank in category: 12(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	17:13	5:13	11	1:35	119	4:47	3.30	17:13	5:13	41		106	4:47
Schlüsie	3.10	18:26	5:56	11	0:59	110	5:00	6.40	35:39	5:34	41		106	9:47
Hermannsklippe	2.60	16:17	6:15	10	1:17	105	4:32	9.00	51:56	5:46	41		87	14:19
Brocken	3.10	26:48	8:38	13	2:48	122	8:42	12.10	1:18:44	6:30	41		106	23:01
Eiserner Handwe	3.60	16:46	4:39	9	2:18	108	4:48	15.70	1:35:30	6:04	41		106	27:07
Schlüsie	4.10	15:33	3:47	7	1:55	84	3:37	19.80	1:51:03	5:36	41		106	30:05
Loddenke	3.10	12:54	4:09	12	1:22	96	2:41	22.90	2:03:57	5:24	40		105	32:46
Ilseburg/Markt	3.30	14:19	4:20	15	1:23	99	3:10	26.20	2:18:16	5:16	12	12:57	106	35:56