



42. Brockenlauf
Ilseburg / 01.09.2012

Detailed evaluation

Bauer, Christian

Club: Uetze
Number: 237

Course: 26.20 km
Brockenlauf

Category:
Senioren M30 (30-34 Jahre)

Total time: 2:19:03

Speed: 11.22 km/h
Running performance: 5:19 min/km

Rank in course/Total: 111 (of 426)

Rank in course/Men: 107 (of 371)

Best time in course: 1:42:20

Rank in category: 11(of 28)

Best time in the category: 1:53:46

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	18:15	5:31	18	4:08	159	5:49	3.30	18:15	5:31	19	1:14	107	5:49
Schlüsie	3.10	18:02	5:49	11	2:25	89	4:36	6.40	36:17	5:40	19	0:20	107	10:25
Hermannsklippe	2.60	15:45	6:03	11	2:13	76	4:00	9.00	52:02	5:46	19		107	14:25
Brocken	3.10	27:34	8:53	15	6:50	147	9:28	12.10	1:19:36	6:34	19		107	23:53
Eiserner Handwe	3.60	16:24	4:33	8	3:11	92	4:26	15.70	1:36:00	6:06	19		107	27:37
Schlüsie	4.10	15:13	3:42	9	2:33	69	3:17	19.80	1:51:13	5:37	19		107	30:15
Loddenke	3.10	12:31	4:02	8	1:40	62	2:18	22.90	2:03:44	5:24	19		107	32:33
Ilseburg/Markt	3.30	15:19	4:38	13	3:27	160	4:10	26.20	2:19:03	5:18	11	25:17	107	36:43