



42. Brockenlauf
Ilseburg / 01.09.2012

Detailed evaluation

Arndt, Philipp

Club: Team Laufrusch e.V.
Number: 94

Course: 26.20 km
Brockenlauf

Category:
Senioren M30 (30-34 Jahre)

Total time: 2:19:09

Speed: 11.21 km/h
Running performance: 5:19 min/km

Rank in course/Total: 113 (of 426)

Rank in course/Men: 109 (of 371)

Best time in course: 1:42:20

Rank in category: 12(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 | 19:01 | 5:45 | 21 | 4:54 | 199 | 6:35 | 3.30 | 19:01 | 5:45 | 18 | 2:00 | 109 | 6:35 |
| Schlüsie | 3.10 | 20:45 | 6:41 | 24 | 5:08 | 225 | 7:19 | 6.40 | 39:46 | 6:12 | 18 | 3:49 | 109 | 13:54 |
| Hermannsklippe | 2.60 | 17:51 | 6:51 | 19 | 4:19 | 184 | 6:06 | 9.00 | 57:37 | 6:24 | 18 | 4:39 | 109 | 20:00 |
| Brocken | 3.10 | 25:59 | 8:22 | 13 | 5:15 | 95 | 7:53 | 12.10 | 1:23:36 | 6:54 | 18 | 1:29 | 109 | 27:53 |
| Eiserner Handwe | 3.60 | 16:45 | 4:39 | 11 | 3:32 | 106 | 4:47 | 15.70 | 1:40:21 | 6:23 | 18 | | 109 | 31:58 |
| Schlüsie | 4.10 | 14:08 | 3:26 | 5 | 1:28 | 31 | 2:12 | 19.80 | 1:54:29 | 5:46 | 18 | | 109 | 33:31 |
| Loddenke | 3.10 | 11:43 | 3:46 | 5 | 0:52 | 27 | 1:30 | 22.90 | 2:06:12 | 5:30 | 18 | | 109 | 35:01 |
| Ilseburg/Markt | 3.30 | 12:57 | 3:55 | 3 | 1:05 | 25 | 1:48 | 26.20 | 2:19:09 | 5:18 | 12 | 25:23 | 109 | 36:49 |