



42. Brockenlauf
Ilseburg / 01.09.2012

Detailed evaluation

Baum, Dirk

Club: Bad Bevensen
Number: 57

Course: 26.20 km
Brockenlauf

Category:
Senioren M40 (40-44 Jahre)

Total time: 2:19:28

Speed: 11.19 km/h
Running performance: 5:19 min/km

Rank in course/Total: 115 (of 426)

Rank in course/Men: 110 (of 371)

Best time in course: 1:42:20

Rank in category: 18(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 ranking						
						Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men
Loddenke	3.30	18:24	5:34	29	5:52	165	5:58	3.30	18:24	5:34	48		111	5:58
Schlüsie	3.10	19:05	6:09	22	4:59	139	5:39	6.40	37:29	5:51	47		110	11:37
Hermannsklippe	2.60	16:58	6:31	22	4:29	136	5:13	9.00	54:27	6:03	48		111	16:50
Brocken	3.10	25:54	8:21	12	5:55	90	7:48	12.10	1:20:21	6:38	47		110	24:38
Eiserner Handwe	3.60	17:37	4:53	24	5:39	147	5:39	15.70	1:37:58	6:14	47		110	29:35
Schlüsie	4.10	15:35	3:48	14	3:39	87	3:39	19.80	1:53:33	5:44	47		110	32:35
Loddenke	3.10	12:19	3:58	7	1:53	52	2:06	22.90	2:05:52	5:29	47		110	34:41
Ilseburg/Markt	3.30	13:36	4:07	6	1:50	48	2:27	26.20	2:19:28	5:19	18	34:11	110	37:08