



42. Brockenlauf  
Ilseburg / 01.09.2012

Detailed evaluation

Willrodt, Dierk

Club: Altenholz  
Number: 37

Course: 26.20 km  
Brockenlauf

Category:  
Senioren M45 (45-49 Jahre)

Total time: 2:19:57

Speed: 11.15 km/h  
Running performance: 5:20 min/km

Rank in course/Total: 119 (of 426)

Rank in course/Men: 115 (of 371)

Best time in course: 1:42:20

Rank in category: 22(of 77)

Best time in the category: 1:59:01

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	16:39	5:02	17	1:56	84	4:13	3.30	16:39	5:02	76		115	4:13
Schlüsie	3.10	17:59	5:48	16	1:35	86	4:33	6.40	34:38	5:24	76		115	8:46
Hermannsklippe	2.60	15:54	6:06	17	1:58	83	4:09	9.00	50:32	5:36	76		115	12:55
Brocken	3.10	25:34	8:14	16	3:39	79	7:28	12.10	1:16:06	6:17	46		75	20:23
Eiserner Handwe	3.60	18:26	5:07	42	4:26	187	6:28	15.70	1:34:32	6:01	76		115	26:09
Schlüsie	4.10	17:55	4:22	45	4:39	210	5:59	19.80	1:52:27	5:40	76		115	31:29
Loddenke	3.10	13:51	4:28	33	2:39	158	3:38	22.90	2:06:18	5:30	76		115	35:07
Ilseburg/Markt	3.30	13:39	4:08	11	1:08	52	2:30	26.20	2:19:57	5:20	22	20:56	115	37:37